

Quinoa with Roasted Butternut Squash, Cranberries & Pecans



Ingredients

1 cup quinoa
1 small butternut squash, peeled and diced
½ cup cran-raisins, chopped
2 Tbsp of olive oil
½ a medium onion, chopped
1 garlic clove, minced
2 tablespoons of chopped parsley
Sea salt and pepper to taste
1/2 teaspoon of cinnamon (optional)
Handful of toasted pecans (optional)

Directions

1. In a small pot cook 1 cup of quinoa with 2 ½ cups of water or vegetable broth (optional). Once cooked, let it cool before using it in the dish.
 2. Heat oven at 350 F. Chop up squash in ½ inch cubes and place in a 9 x 13" pan. Add the chopped onions, cranberries, garlic and a little olive oil to coat. Bake for about 30 min or until squash is tender at 350 F.
 3. In the meantime, sauté onions and garlic Add cinnamon and pepper.
 4. Transfer sautéed onions to the quinoa bowl, add the squash, cranberries and sprinkle with chopped parsley. Enjoy!
- Optional: Add toasted pecans

Source: Dina Boyer



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