

# Quinoa & Butternut Squash

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8    Serving Size: 8 ounces

Ingredients	Quantity	Measure
Red quinoa	1	cup
Water	1 1/2	cups
Salt	1	teaspoon
Butternut squash	1	each
Dried cranberries	1/2	cup
Pecans, toasted	1/2	cup
Salt	1	teaspoon
Pepper	1	teaspoon
Vegetable oil	1	teaspoon

## Preparation

1. Rinse quinoa.
2. Bring water and salt to a boil, add quinoa, and cook until liquid is absorbed, about 15-20 minutes. Fluff with fork.
3. Roast butternut squash in oven 400-degree oven until tender, about 45-60 minutes.
4. Allow to cool to touch, then peel and cut into small pieces. Finish sautéing until tender in 1 teaspoon of oil.
5. Add salt and pepper mix with squash and quinoa, top with cranberries and toasted pecans.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 157 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 22g Protein: 3g Sodium: 524mg

Vitamin A: 166µg Vitamin C: 7mg Calcium: 32mg Iron: 1mg Folic Acid: 34µg

