



QUINOA, BUTTERNUT SQUASH & APPLE

2 cups red quinoa, cooked
1 butternut squash cut into medium chunks
1 organic Gala apple, cored & cubed
4 tbs. olive oil
2 tbs. orange juice
salt & pepper to taste

OPTIONAL

Walnuts, pecans or pine nuts - can be toasted

Pre heat oven to 400 degrees.

Chop butternut squash into medium chunks, place on parchment paper on rimmed baking sheet. Drizzle with olive oil and a little salt. Bake for 25 minutes in 400 degree oven. Squash should be soft when poked with fork.

Meanwhile:

Cook quinoa according to package directions. Using vegetable broth or chicken broth will enhance flavor! If there is still liquid in quinoa after 15 minute cooking time, cook for 2 - 5 more minutes, there should be no visible liquid.

Place cooked quinoa, baked butternut squash, and chopped apple in large bowl. Add olive oil and orange juice. Stir mixture. If desired, add nuts. Add salt and pepper to taste.

Tricky Extra:

If you have something called a “zester,” you can zest some of the orange peel into the quinoa mixture, if you don’t, it will still taste delicious!

You can also substitute butternut squash with sweet potato chunks!