

Quinoa With Butternut Squash, Kale & Cranberries



Ingredients

6 oz butternut squash, 1/2-inch diced
1 tbsp olive oil
1/2 tsp black pepper, ground
1/2 tsp salt, kosher
1 cup quinoa
1 3/4 cups water or broth
1 1/2 tbsp olive oil
1/4 cup onion, yellow or red, 1/2-inch diced
1 1/2 tsp garlic, minced
1/2 cup fresh or frozen whole cranberries
1 tbsp apple cider vinegar
8 oz fresh kale, chopped or baby kale

Preparation

Roast the butternut squash

1. Preheat oven: 375° F
2. Wash, peel, and dice butternut squash into 1/2-inch pieces.
3. Toss squash in olive oil and seasonings.
4. Spread evenly on a sheet pan and roast until soft (about 15 minutes).

Cook the quinoa

1. Combine the quinoa and water in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes.
2. Remove the pot from the heat and let it sit, covered, for 10 minutes or more.
3. Remove the lid and fluff with a fork.

Add kale and cranberries

1. On medium heat, add oil and onions to pan and sauté until soft.
2. Add garlic, cranberries, and vinegar, sauté for 3 minutes.
3. Add kale, cook 2 minutes until wilted.
4. Turn heat off and toss in roasted squash and quinoa.

The dish can be served hot, at room temperature, or as a cold salad.

Nutritional Analysis per Serving

Yield: 6 servings | Serving Size: 1 cup | Calories: 230 | Total Fat: 8 g | Saturated Fat: 1.07 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 140 mg | Total Carbohydrate: 33 g | Dietary Fiber: 5 g | Total Sugars: 3 g | Protein: 7 g | Vitamin D: 0 µg | Calcium: 0 mg | Iron: 0 mg | Potassium: 476 mg | Vitamin A: 258 µg | Vitamin C: 51 mg | Vitamin B6: 0.331 mg | Phosphorus: 203 mg | Magnesium: 92 mg

Recipe courtesy of [Project Open Hand](#)