

Roasted Winter Vegetables With Cranberry-Studded Quinoa



Ingredients

1 1/2 cups low-sodium chicken broth
3/4 cup organic quinoa
1/4 cup dried sweetened cranberries
3 cups cauliflower florets (about 10 oz)
8 oz small brussels sprouts, halved lengthwise
1 tbsp olive oil
1/2 tsp freshly ground black pepper
1/4 cup organic barbecue sauce
8 oz organic extra-firm tofu, drained and cut into 3/4-inch cubes
1/2 cup crumbled feta cheese

Preparation

1. Preheat the oven to 450° F. Bring the broth to a boil in a medium saucepan. Stir in the quinoa and cranberries.
2. Reduce the heat; cover and simmer for 15 minutes or until most of the liquid is absorbed. Turn off the heat; let stand covered for 5 minutes.
3. Meanwhile, arrange the cauliflower and brussels sprouts on a 15 x 10-inch jelly roll pan or baking sheet with sides. Drizzle the oil and sprinkle the pepper over vegetables; toss well to coat. Bake for 12 to 14 minutes or until the vegetables are browned on the bottom and crisp-tender.
4. Transfer to a large bowl. Add the barbecue sauce; toss well. Add the tofu; toss lightly.
5. Spoon the cooked quinoa mixture onto four serving plates. Top with vegetable mixture and feta cheese.

(Dried cherries may replace the cranberries, and small baby carrots can be used instead of cauliflower.)

Nutritional Analysis per Serving

Yield: 4 servings. Total Fat: 13.0 g | Fat Calories: 117.3 | Cholesterol: 12.6 mg | Saturated Fat: 3.5 g | Polyunsaturated Fat: 0.9 g | Monounsaturated Fat: 3.4 g | Fiber: 6.6 g | Carbohydrates: 47.8 g | Sugar: 16.6 g | Protein: 17.9 g | Sodium: 359.7 mg | Calcium: 192.2 mg | Magnesium: 28.2 mg | Zinc: 1.0 mg | Selenium: 3.5 mg | Potassium: 527.8 mg

Recipe courtesy of [La Puma Farms](#)