

# BUTTERNUT SQUASH QUINOA

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 8 (Serving= 3/4 cup)

## Nutrition (per serving)

Calories: 193

Total Fat: 9 g

Saturated Fat: 1 g

Sodium: 125 mg

Total Carbohydrate: 25 g

Dietary Fiber: 4 g

Protein: 6 g



## Ingredients

- Non-stick cooking spray
- 1 medium butternut squash, peeled and cut into cubes (about 4 cups)
- 1 Tablespoon canola oil
- 1 cup quinoa, uncooked
- ½ cup chopped pecans, unsalted
- ¼ cup grated Parmesan cheese
- 1 teaspoon dried sage
- 2 teaspoon dried parsley
- 1 teaspoon onion powder
- ¼ teaspoon salt
- ½ teaspoon black pepper



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## Directions

1. Preheat oven to 400 degrees Fahrenheit. Spray baking sheet with cooking spray. Toss squash in 1 Tbsp canola oil and spread evenly onto baking sheet. Roast in oven for 5-7 minutes or until squash is fork tender.
2. Bring 1 cup quinoa and 2 cups water to a boil, reduce heat and simmer for 10-15 minutes or until the water is absorbed.
3. Combine squash and quinoa with the rest of the ingredients and toss lightly.