## **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 Carbohydrate: 25 g

Total Fat: 9 g Dietary Fiber: 4 g Saturated Fat: 1 g Protein: 6 g

Saturated Fat: 1 g Protein: Sodium: 125 mg



## 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
- ullet ½ teaspoon black pepper



## 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.

