



QUINOA WITH DELICATA SQUASH

Makes 4 servings.

This side dish is wholesome, nutritious and full of flavor.

INGREDIENTS

- 1 medium delicata squash, about 1 pound
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sweet paprika
- Kosher salt
- Freshly ground black pepper

QUINOA

- 1 ¼ cups water
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- 1 cup quinoa
- ½ cup blanched almond slivers, toasted
- 1 cup loosely packed flat leaf parsley, coarsely chopped
- 1 tablespoon lemon juice

PREPARATION

1. Preheat the Broiler.
2. Rinse and dry the squash. Cut with a serrated knife in half lengthwise, scoop out all the seeds and fibrous strings and cut with the skin into small cubes.
3. Line a baking sheet with foil. Place the squash cubes on the foil, sprinkle with olive oil, season lightly with paprika salt and pepper and toss to coat. Broil the squash close to the heat source for about 5 minutes or until soft.
4. Place the water, olive oil and salt in a small saucepan, and bring to a boil over high heat. Sprinkle over the quinoa, lower the heat, cover, and cook for 15 minutes or until all the water is absorbed. If the grains are still not tender and the water is absorbed, add a tablespoon of hot water and continue cooking.
5. Add the squash, almonds and parsley to the quinoa and combine. Season with lemon juice salt and pepper. Serve warm.