

Butternut Cranberry Quinoa

Serves 6

This is a great holiday dish, although we enjoy it year-round! I buy bags of cranberries and freeze them to enjoy throughout the year.

Ingredients

- 2 T Coconut oil
- 1 Butternut squash
- 1 c Quinoa
- 1 c Cranberries, frozen
- 1 T Cinnamon
- 1 t Nutmeg
- 2 T Maple syrup
- 1 1/2 c water (room temp)
- 1/4 c Pumpkin seeds

Notes _____

Directions

1. Preheat oven to 375
2. Peel, seed and cube squash
3. Coat 7x11 baking dish with oil
4. Spread quinoa in baking dish
5. Add squash and cranberries
6. Sprinkle cinnamon and nutmeg; Drizzle maple syrup
7. Pour water on top
8. Cover with foil & bake 45 min
9. Increase oven temp to 400
10. Remove foil; Sprinkle with pumpkin seeds; Cook 10 min

Crockpot Cooking Method - Follow directions above except: (1) Use 1 1/4 cups water (2) Cook on low for 4 1/2 hours (3) Add toasted pumpkin seeds and cook another 30 minutes



Other Ideas:

- Substitute blueberries for cranberries
- Substitute sweet potatoes for butternut squash
- Substitute millet for quinoa
- Serve leftovers with any meal. Add non-dairy milk for breakfast.
- Roast the butternut squash seeds or add them to a smoothie.

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Original recipe is Autumn Millet Bake from Mark Bittman's "How to Cook Everything Vegetarian" cookbook (I found recipe online)