

Butternut Cranberry Quinoa

Serves 6



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

This is an easy dish in the oven or, better yet, in the crockpot!

We enjoy the leftovers with any meal. We add non-dairy milk for breakfast.

Roast the butternut squash seeds or add them to a smoothie.

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

Directions

1. Preheat oven to 375
2. Rinse quinoa and set aside to drain
3. Coat 7x11 baking dish with coconut oil
4. Peel, seed and cube squash (I use top portion of a larger squash and entire squash if smaller)
5. Spread quinoa in bottom of baking dish
6. Add squash and cranberries
7. Sprinkle with cinnamon and nutmeg
8. Drizzle maple syrup on top followed by water
9. Cover with foil & bake 45 min
10. Increase oven temp to 400
11. Remove foil; Sprinkle pumpkin seeds on top
12. Put back in oven and cook another 10 minutes
13. Remove from oven and stir together
14. Allow to cool a bit and serve

Other Ideas:

- Substitute blueberries for cranberries
- Substitute sweet potatoes for butternut squash
- Substitute millet for quinoa

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

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<http://www.inspearationalhealth.com>

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