



SkinSpirit

REBALANCE

Red Quinoa with Roasted Butternut Squash, Cranberries and Pecans

(makes four servings)

Ingredients:

1 cup quinoa
1 small butternut squash, peeled and diced
1/2 cup fresh or frozen cranberries, halved or chopped as you prefer
1/2 medium red onion, diced fine
1 clove garlic, minced
1-2 teaspoons maple syrup
1/2 cup pecans, chopped
2 tablespoons fresh parsley, chopped
1 sprinkle cumin, ginger or curry, to taste
sea salt and ground pepper, to taste

Directions:

1. Cook the red quinoa in a rice cooker, using a 1:2 ratio of 1 cup red quinoa to 2 cups water. As mentioned above, if you like it softer, add additional 1/4 cup water.
2. Meanwhile, preheat the oven to 375 degrees F.
3. In a medium roasting pan add: the butternut squash, cranberries, red onion, and garlic.
4. Drizzle the butternut squash, cranberries, onion and garlic with a little olive oil, to coat. Add a teaspoon or two of pure maple syrup- not too much. Sprinkle with sea salt. Toss everything together. Roast in the top half of the oven until the squash is tender- about 15 to 20 minutes. Remove the pan and set aside.
5. In a large dry skillet, add the pecans
6. Heat the skillet and lightly toast the pecans briefly, till fragrant.
7. Add in the cooked quinoa and the butternut mixture.
8. Add the parsley and cumin, ginger or curry, and the sea salt and ground pepper, to taste.
9. Drizzle the quinoa mixture with some fruity extra virgin olive oil and toss to coat. Taste test and adjust seasonings. Heat through gently. Serve.

Nutritional Information (per serving):

Calories 282.5
Carbohydrates 21.3 g
Dietary fiber 5.8 g
Cholesterol 0.0 mg
Fat 21.3 g
Saturated fat 1.7 g
Sodium 6.7 mg
Protein 5.4 g

RebalanceWeightLoss.com

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