

# Quinoa with Roasted Butternut Squash

Quinoa is a wonderful complex carbohydrate, meaning it will take longer for the body to break down and digest compared to simple carbohydrates such as white rice. Add this meal in your dinner rotation for a healthy meal that can stabilize blood sugar levels.

SERVINGS: 4-6

## Ingredients

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- One, 2-pound butternut squash, peeled, seeded, and cut into 3/4-inch chunks (about 3 cups)
- 4 tablespoons olive oil
- 2 teaspoons fresh thyme leaves, roughly chopped
- Kosher salt and freshly ground black pepper
- ¼ cup shelled pistachios
- 1 ½ cups quinoa
- 4 cups vegetable broth or water
- ¼ cup dried cranberries
- 1 tablespoon white wine vinegar



## Directions

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1. Position an oven rack in the center of the oven and preheat to 400°F. Line a rimmed baking sheet with foil and set aside.
2. Place the squash in a medium bowl and add 2 tablespoons of the oil, the thyme and 2 teaspoons of salt and season with pepper to taste. Mix until the squash is well coated. Transfer to the prepared baking sheet and spread squash out into a single layer. Roast until a paring knife slides into the squash with no resistance, about 30 minutes. Put the pistachios on a small baking sheet and toast until fragrant, about 5 minutes.
3. Meanwhile, rinse the quinoa in cold water in a fine-mesh strainer. Bring the broth or water to a boil and stir in the quinoa. Simmer, uncovered, about 9 minutes. Drain the quinoa and transfer it to a medium bowl. Add the remaining 2 tablespoons olive oil, the pistachios, cranberries, vinegar, ½ teaspoon salt and pepper to taste.
4. Place the spinach in a large mixing bowl and toss with the hot squash until slightly wilted. Add the quinoa mixture and toss again. Serve warm or at room temperature.

Source: Food Network  
<https://www.foodnetwork.com>