

## QUINOA WITH CAMELIZED BUTTERNUT SQUASH AND ROASTED BRUSSELS SPROUTS



I love this recipe because it is chalk full of good-for-you ingredients and is so colorful. The crunchiness of the Brussels sprouts with the tender sweetness of the butternut squash is the perfect combination. I hope you enjoy!

*Makes 4 servings*

### INGREDIENTS

- 1 cup quinoa, rinsed well
- 2 cups vegetable or chicken broth
- 9 oz shaved brussels sprouts (I used Green Giant brand)
- 1 tbsp extra virgin olive oil
- Garlic salt & pepper
- 2 tbsp butter
- 2 cups 1/2" cubed butternut squash
- 1 1/2 tbsp brown sugar
- 1/3 cup grated parmesan cheese
- 1/4 cup pepitas (toasted pumpkin seeds)

### METHOD

Bring veggie/chicken broth to a boil in a saucepan then add rinsed quinoa (be sure to rinse well in fine mesh sieve under cold running water – even quinoa that comes “pre-rinsed”). Place a lid on top then turn heat



## **QUINOA WITH CARAMELIZED BUTTERNUT SQUASH AND ROASTED BRUSSELS SPROUTS (CONTINUED)**

down to medium-low and simmer until tender, about 15 minutes. Fluff with a fork then set aside.

Meanwhile, preheat oven to 375 degrees then line a baking sheet with foil.

Add brussels sprouts, oil, garlic salt, and pepper to baking sheet then toss with fingers to evenly coat. Roast for 15 minutes or until golden brown. Melt butter in a large cast iron or heavy-bottomed skillet over medium-high heat. Add brown sugar and butternut squash then sauté, stirring every so often – more so near the end – until tender, about 15 minutes.

Combine quinoa, brussels sprouts, butternut squash, parmesan cheese, and pepitas in a large bowl then toss and serve with extra parmesan cheese, if desired.