



Quinoa Squash Bowl

Prep Time: 20 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

760 Calories

30 g total fat

750 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 2 Delicata squash
- 4 TB olive oil, divided**
- Salt & Black Pepper, to taste**
- 1 TB Quinoa Spice Blend (chili powder, paprika, garlic powder, ground cumin, dried oregano)
- 1 cup quinoa
- 2 cups vegetable broth (Measure Out)
- 1/2 cup feta cheese
- 2 garlic cloves, minced
- 1 avocado, sliced
- 2 (15.5oz) cans black beans
- 1/3 cup vegetable broth (Measure Out)
- 1/2 pint cherry tomatoes, halved
- 4 oz radishes, sliced
- 1 lime, juiced
- 1/4 cup pepitas

1. Prep vegetables and set aside: Peel and mince **2 garlic cloves**. Drain and rinse the **black beans**. Cut the **lime** in half. Slice **radishes** into rounds and then slice into matchsticks. Halve **cherry tomatoes**.
2. Preheat oven to 450°F. Wash and dry the **Delicata squash**, cut off and discard the ends; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then slice into 1/2 inch slices crosswise. Place on a sheet pan coated with non-stick cooking spray. Drizzle with **1 TB olive oil, pinch of salt & pepper**, and sprinkle with **HALF the Quinoa Spice Blend**. Toss to coat. Arrange squash slices in a single layer. Roast 15-20 minutes, or until tender when pierced with a fork.
3. Pour the **quinoa** into a fine mesh colander and rinse under running water. This step removes any bitterness on the outside of the quinoa. Combine the rinsed quinoa and **2 cups vegetable broth** in a saucepan. Bring to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed the liquid, about 15 minutes. Remove from heat, cover, and let the quinoa steam for 5 minutes. Remove lid and fluff with a fork. Add the **feta cheese, 1 TB olive oil and salt & pepper to taste**; stir to combine.
4. Salsa: In a large bowl, add **sliced radishes, halved cherry tomatoes, lime juice, 1 TB olive oil** and a pinch of **salt & pepper**, toss to combine. Set aside to marinate for at least 10 minutes, stirring occasionally.
5. In a medium pan, heat **1 TB olive oil** on medium-high heat, add the **2 cloves minced garlic, drained & rinsed black beans, 1/3 cup vegetable broth**, and the **remaining half of the Quinoa Spice Blend**; season with **salt & pepper**. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid has cooked off.
6. Halve and pit the **avocado**. Using a spoon, remove the avocado from the skin, then thinly slice.
7. Serve the **cooked quinoa** topped with the **roasted squash, cooked black beans, avocado slices**, and **salsa**. Garnish with the **pepitas**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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