

Harvest Quinoa with Squash and Apples

From Anita Sauvé RNCP

Ingredients:

2 tsp olive oil
½ cup chopped onion
1 Tbsp minced ginger
1 cup butternut squash, diced
1 ½ cups vegetable or chicken stock
1 cup quinoa
1 medium apple diced
1/4 cup green onion, sliced
Celtic Sea Salt and Pepper to taste

Method:

Combine quinoa and stock in pot and bring to boil. Simmer until all liquid is absorbed. (This is really easy with a rice cooker☺ - you can even steam the squash at the same time if your rice cooker has a steamer basket)

Meanwhile steam butternut squash until tender.

Sauté onion and ginger in olive oil until translucent.

In a large bowl toss quinoa with squash and onion mixture. Fold in apples and green onion and add salt and pepper to taste.

Serve warm or cold.

You may want to double this recipe... the first time I made it, I planned on extra for lunch the next day but my family gobbled it all up!

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