

# ROASTED BUTTERNUT SQUASH HARVEST BOWL

## NUTRITION FACTS

Serving Size: 1 (recipe makes about 4 servings)

Calories: 394 | Carbohydrates: 52g | Protein: 12g | Total Fat: 18g | Saturated Fat: 3g | Sodium: 33mg | Fiber: 8g

## INGREDIENTS

- 4 cups Butternut squash (diced into cubes)
- 2 Tbsps Extra virgin olive oil (divided)
- 3/4 cup Quinoa (uncooked)
- 1 1/4 cups Water
- 8 cups Kale leaves (finely chopped)
- 1 Tbsp Balsamic vinegar
- 1/2 cup Pumpkin seeds
- 1/2 cup Dried unsweetened cranberries
- Sea salt & Black pepper (to taste)

## DIRECTIONS

1. Preheat oven to 420°F, and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil, and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
2. Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
3. Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
4. Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet, then toss until well mixed. Season with sea salt and black pepper to taste.
5. Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!





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