

Butternut Squash with Quinoa

If you can't find quinoa, you can substitute couscous and cook for less time (5 minutes), but the recipe will no longer be wheat free.

1 tablespoon extra virgin olive oil
½ cup diced yellow onion
3 cloves of garlic, minced
1 tablespoon minced fresh ginger
¾ cup golden raisins
2 cups butternut squash, peeled and diced small
½ teaspoon sea salt
3 cups water
1 cup quinoa, rinsed
3 tablespoons chopped fresh parsley
½ teaspoon grated fresh nutmeg

1. In a large saucepan, heat the oil and add onion, garlic and ginger. Cook for 4 minutes.
2. Add raisins and cook another 2 minutes.
3. Add squash and salt and heat over high heat for 2 minutes.
4. Add water, and bring to a boil for about 10 minutes.
5. Reduce heat to a simmer and cook uncovered for 25 minutes or until squash is tender.
6. Once the squash is tender, stir in quinoa, parsley and nutmeg.
7. Cover and cook for another 10 minutes or until water is absorbed and quinoa is done.
8. Remove from heat and fluff the quinoa.