

Quinoa, Black Bean and Squash Salad

Pioneer High School



Ingredients

1 c. quinoa, white or red
2 c water or vegetable stock
1 c cooked black beans
1 c roasted butternut squash
1 teaspoon cumin
1 tablespoon olive oil
2 Tbsp. green onion, thinly sliced
1 ¼ c cilantro chopped
1 lime zested and juiced
Dash cayenne
Salt to taste

Directions

Cook quinoa in the water or vegetable stock. Bring to a boil, then reduce heat and simmer for ten minutes. Turn off heat, cover, let stand about 10 more minutes until liquid is absorbed. Cube butternut squash into ½ inch pieces, brush lightly (or drizzle and toss) with olive oil and season with salt and pepper (to taste) Roast in 400-degree oven for about 15 minutes, you want firm not mushy squash. Mix and toss all ingredients together. Serve warm or cold.

Nutritional Information

Calories per serving	180
Total Fat	5g
Saturated Fat	1g
Cholesterol	0
Sodium	314mg
Total Carbohydrates	29g
Dietary Fiber	5g
Protein	7g

Servings 6