

# Quinoa & Squash

QUINOA WITH BUTTERNUT SQUASH



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD: 64 oz.**

**8 (8 oz.) Servings**

Ingredients	Qty	Measure
Red Quinoa	1	cup
Water	1.5	cups
Salt	1	tsp
Butternut squash	1	whole
Dried cranberries	½	cup
Pecans (toasted)	½	cup
Salt	1	Tsp.
Pepper	1	Tsp.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Rinse quinoa
2. Bring water and salt to a boil, add quinoa, and cook until liquid is absorbed, about 15-20 minutes. Fluff with fork.
3. Roast butternut squash in oven 400 degree oven until tender, about 45-60 minutes
4. Allow to cool to touch, then peel and cut into small pieces
5. Add salt and pepper mix with squash and quinoa, top with cranberries and toasted pecans

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

8 oz. served with 2 oz. roasted root vegetables

## Nutrition Information \*From USDA Nutrient Database

Calories: 157 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 22g Protein: 3g Sodium: 524mg

Vitamin A: 166µg Vitamin C: 7mg Calcium: 32mg Iron: 1mg Folic Acid: 34µg