

Quinoa & butternut squash

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 (8 oz.)

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