



ROASTED ROOT VEGETABLES WITH BALSAMIC GLAZE, FETA, AND QUINOA

FAST. EASY. FRESH.

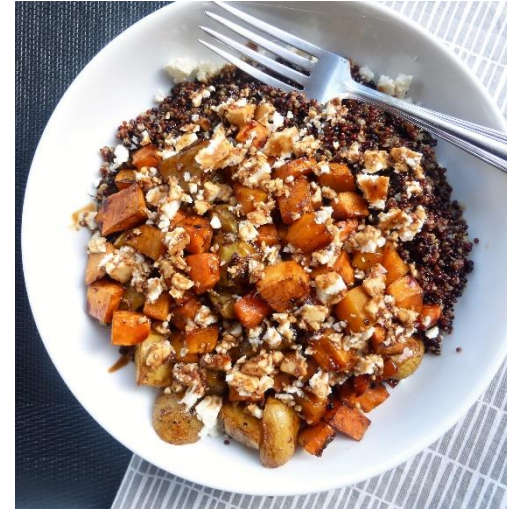
1. Preheat your oven to 400°F. Then combine the **quinoa**, 1 tsp. **sea salt**, and 3 cups water in a small pot, bring to a boil, reduce to a simmer, cover, and cook on low for 18-20 minutes or until the water is absorbed or quinoa is cooked.

2. Meanwhile, prepare the vegetables. Dice the **potatoes**, peel and dice the **yams**, and **carrots**. All the dice should be uniform in size, roughly ½ - ¾” dice.

3. Place the vegetables, plus the **squash**, into a bowl, add the **olive oil**, **balsamic vinegar**, 1 tsp. sea salt, **black pepper**, and **thyme**. Toss to combine, place on a parchment lined sheet tray, and roast in the oven for 18-20 minutes or until done.

4. Meanwhile, crumble the **feta cheese**. Set aside.

5. To serve, portion the quinoa into bowls, scoop the roasted vegetables on top, add the feta, and garnish with **balsamic glaze**. Enjoy!



Ingredients (4 Person Serving – 813 Calories Per Serving)

Baby Potatoes	400 g	Black Pepper	½ tsp.
Yams	2 Large	Dried Thyme	1 tsp.
Carrots	4 Small	Red Quinoa	1 ½ Cups
Butternut Squash	300 g	Sea Salt	1 tsp.
Olive Oil	4 Tbsp.	Feta Cheese	200 g
Balsamic Vinegar	4 Tbsp.	Balsamic Glaze	4 Tbsp.
Sea Salt	1 tsp.		

35 Minute
Cook
Time!