

# kizingo® EATS:

## Quinoa with Butternut Squash, Scallions + Parsley

Quinoa is an endlessly versatile grain and pairs beautifully with the earthiness of the roasted butternut squash and bite from fresh scallions.

Quinoa makes a great choice for your little one as well because it's high in protein and one of the few plant foods that contain all nine essential amino acids.



### INGREDIENTS

1/2 butternut squash, peeled and cut into small dice

Extra virgin olive oil

Coarse sea salt

1 tablespoon freshly squeezed lemon juice

2 cups cooked quinoa

3 scallions - white and light green parts only - thinly sliced

1/4 cup finely chopped Italian parsley

*Optional toppings—*

Goat cheese

Pumpkin or sunflower seeds

Toasted finely chopped walnuts, pecans, or sliced almonds

### DIRECTIONS

Preheat oven to 400°F

Toss the squash with 2 tablespoons of olive oil and a pinch of salt on a sheet pan and roast until soft, about 15-20 minutes.

Meanwhile, whisk the lemon juice with 3 tablespoons of olive oil in a large mixing bowl along with a big pinch of salt. While the squash is still warm, toss it into the dressing bowl along with the quinoa, scallions, and parsley.

Taste and add a bit more salt or lemon if you feel it needs it.

### NOTES

**PERFECTLY COOKED QUINOA:** Rinse quinoa thoroughly. Place 1 3/4 cup water, vegetable stock, or chicken broth into a pot set over high heat. Bring the quinoa to a boil, lower the heat, cover, and cook until the liquid is absorbed (12-15 minutes). When the quinoa “pops”, turn off the heat, place a dry paper towel between the pot and the lid, and let sit for 5 minutes. Fluff with a fork and serve.



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