

QUINOA WITH BUTTERNUT SQUASH, CINNAMON AND MINT

INGREDIENTS

Quinoa

- 1-½ cups quinoa
- 1-½ cups homemade chicken stock
- ¾ tsp. cumin seeds, toasted and ground
- ¾ tsp. coriander seeds, toasted and ground
- ¼ tsp. saffron threads
- ½ tsp. ground cinnamon
- ¾ tsp. kosher salt
- 2 tbsp. pomegranate molasses
- 1 tbsp. extra virgin olive oil
- 1 cup butternut squash, cut into ½-inch dice
- ½ yellow onion, cut into ½-inch dice
- 2 large carrots, cut into ½-inch dice
- 1-¼ tsp. kosher salt
- 2 scallions, white and green parts, chopped
- ¼ cup cilantro, chopped

PREPARATION

Prep time: 30 minutes

Cook time: 30 minutes

Serves: 8

Prepare Quinoa: Rinse quinoa under running water for 2 minutes. (This step is very important or else it will taste bitter). Bring quinoa, stock, spices, saffron, cinnamon, salt to boil in a medium saucepan. Once boiling, turn down the heat. Cover and let simmer for about 20-25 minutes, until the liquid is fully absorbed and the quinoa is tender. Remove from heat and stir in the pomegranate molasses.

Sauté Vegetables: Heat the oil in a very large sauté pan. Add the squash, onions and carrots, and salt. Cook until all vegetables are soft but not soggy, about 5 more minutes. Remove from heat, cool slightly and mix in with the quinoa.

Serve: Just before serving, stir in scallions and cilantro. Serve warm or at room temperature.

Note:

- In spring or summer, substitute fresh, uncooked apricots for the butternut squash.
- You can cook the quinoa a day in advance (with all the spices) and then the day of your event, you can just cook the vegetables and add them. Or you can make this a few days in advance and just bring it to room temperature on the day of your event.

For kids:

- Eliminate the saffron, cumin and coriander.

For leftovers:

- Add leftover quinoa to stock to create a hearty one-dish meal.

Simple substitutions:

- For quinoa, you can substitute wheat berries, bulgur or couscous.
- You can substitute pomegranate juice for the pomegranate molasses. Or if you can't find that, omit it.

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