

Butternut Squash & Quinoa Alfredo

Preparation: 10 mins Cook Time: 20 mins

Serves: 3 – 4 servings

Ingredients

- 2 teaspoons extra virgin olive oil
- 4 cloves of garlic, minced
- 1 shallot, minced
- ¼ cup dry white wine
- 3 cups butternut squash, frozen cubed, thaw the night before*
- 2 cup heavy cream
- 1 cup quinoa, white
- 2 ½ cup vegetable broth
- 1 ½ cup grated romano/parmesan cheese
- ¼ cup toasted pine nuts or walnuts (optional)
- ¼ cup fresh chopped parsley
- Salt & pepper (to taste)

* Can use fresh butternut, dice-precook (boil or roast) until soft and set aside until needed in dish (roasted will have a better flavor).



Directions

In a sauce pan add vegetable broth and quinoa. Bring to a boil, cover and turn down to simmer for 10 – 15 minutes. The quinoa should be soft, but there should still be some liquid in the pot. Keep covered and set aside

In a separate pan add olive oil. Then add garlic and shallots to sauté until translucent.

Deglaze pan with white wine. Add butternut squash. Stir the squash around a few times so it heats evenly.

Add quinoa, stirring to combine.

Add cream, stir, then allow to bubble, add cheese, season to taste.

Garnish with toasted pine nuts or walnuts and fresh chopped parsley.

What is Quinoa?

Information from Wikipedia

Quinoa is a flowering plant in the amaranth family. It is closely related to the edible plants beetroot, spinach, and amaranth.

Generally, the seeds are cooked the same way as rice and can be used in a wide range of dishes.

When cooked, the nutrient composition is comparable to common cereals like wheat and rice, supplying a moderate amount of dietary fiber and minerals. Quinoa is a complete source of protein, and contains all nine essential amino acids.

Quinoa originated in the Andean region of Peru, Bolivia, Ecuador, Colombia and Chile.