



Roasted Butternut Squash with Quinoa

By The Chew

Ingredients

- 1 medium butternut squash; peeled/quartered and seeds scooped
- Olive Oil
- Salt
- Freshly Ground Black Pepper
- 2 Whole Star Anise
- 1 Cinnamon stick
- 1 fresh Bay Leaf
- 2 cloves Garlic; peeled and smashed
- 1 cup Quinoa (*thoroughly* rinsed)
- 1 ½ cup vegetable stock
- Juice of 2 Oranges (at least ¾ cup)
- ½ cup slivered almonds - toasted
- 1 cup Mint (chopped)
- 1 cup Parsley (chopped)
- 6 ounces Greek Yogurt
- Zest of 1 Orange

In a large sauté pan, place quartered squash, drizzle w/ a tablespoon of Olive Oil; sprinkle Star Anise, Cinnamon, Bay Leaf, and Garlic on top, and pour in 1 cup of Water. Season with Salt and Freshly Ground Pepper, and cover with foil. Roast for 15 to 20 minutes, until squash is tender. Remove cover and put under broiler for just a few moments to brown edges and surface.

Meanwhile, in a medium sauce pot, add the Quinoa, Vegetable Stock, and Orange Juice. Season with Salt and Pepper, cover and bring to a boil. After the Quinoa comes to a boil, reduce it to a simmer and cook until all the liquid is absorbed, 15-20 minutes. Remove the pan from the heat, and gently fold in the Almonds, Mint, and Parsley. Check for seasoning here, adding more Salt and Pepper if necessary.

Meanwhile, in a small bowl, whisk together the Greek Yogurt, 2 tablespoons Olive Oil, Orange Zest and Juice, and a pinch of Salt and a few grinds of Freshly Ground Pepper.

To plate, spoon some of the Quinoa on to a plate, top with a piece of Squash and a dollop of Yogurt.