

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Citrus with Butternut, Quinoa, and Honey Mustard Dressing

Serves 4 -6

Packed with powerful ingredients, this plant preparation celebrates healthy orange foods with seasonal citrus, butternut squash, and protein-rich quinoa. The natural flavors become enhanced with a piquant honey-mustard dressing. It's a delicious entrée dish that may be served warm or chilled

Ingredients:

1 large butternut squash, 8 cups of 3/4-inch cubes
1 large sweet onion, sliced in half moons
1 tablespoon olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon coarsely ground black pepper
1 cup quinoa
2 cups vegetable stock (or substitute water with 1/4 tsp salt)
4 oranges

Honey Mustard Dressing: (makes about 1 cup)

2 tablespoons honey
3 tablespoons Dijon mustard
3 tablespoons lemon juice
1 clove garlic, crushed
2 teaspoons minced parsley
1/2 teaspoon Kosher salt
1/2 teaspoon coarsely ground black pepper
1/2 cup olive oil

Directions:

1. Preheat the oven to 400°F. Peel and cube one large butternut squash into 3/4-inch pieces. Peel and slice the onion in half, then half moons. Place the squash and onions on a rimmed half sheet pan; drizzle with the olive oil and toss to coat the pieces. Spread across the pan in a single layer. Sprinkle the salt and pepper on top. Roast for 25-35 minutes or until the cubes are tender to the tip of a sharp knife, and the edges begin to caramelize and turn brown.
2. While the squash is roasting, cook the quinoa. Using a 2:1 ratio of liquid to quinoa, bring the liquid to a boil, add the quinoa, cover, and reduce the heat to a low simmer. Check after 15 minutes to see if all the liquid has been absorbed and the quinoa is tender. Cool if serving cold, or keep covered if serving warm.
3. Prepare the oranges by cutting away the peel and pith; slice.

Continued on Page 2

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Page 2, continued

4. Make the dressing by whisking the honey, mustard, lemon juice, garlic, parsley, salt, and pepper together. Drizzle in the olive oil while continuing to whisk the dressing. Or put all ingredients in a jar and shake vigorously.

5. In a large bowl, gently toss the quinoa and roasted squash and onions with about 1/2 cup of the dressing. Place on plates; add the oranges on top. Serve the remaining dressing on the side.