



Roasted Butternut Squash & Quinoa Bowl with a Lemon-Tahini Dressing

Makes 4 bowls

We often crave healthy vegetables for dinner, and a bowl is a great variation to a basic salad. The roasted butternut squash, sautéed Swiss chard, quinoa, and warmed, spiced chickpeas make this extra filling. Dinner bowls need a bold dressing, and this lemon-tahini dressing passes the test!

Ingredients:

1/2 large butternut squash,
about 4 cups of 3/4-inch cubes
1/2 large red onion, sliced in half moons
2 tablespoons olive oil
1 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)
1 bunch chard, de-stemmed,
stems sliced and leaves cut into bite-sized pieces
2 tablespoons olive oil for the chard
1 can chickpeas, rinsed and drained
1 bunch cilantro leaves

Spiced Chickpeas:

1 teaspoon cumin
1/2 teaspoon chili powder
1/4 teaspoon turmeric
1/4 teaspoon kosher salt
1/4 teaspoon pepper

Lemon-Tahini Dressing:

2 tablespoons fresh lemon juice (about 1 lemon)
1/2 cup olive oil
1/4 cup tahini
1 clove garlic, minced
3 tablespoons water (as needed to thin)
Kosher salt
Freshly ground pepper, to taste

Directions:

1. Preheat the oven to 400°F. Peel and cube the butternut squash into 3/4-inch pieces. Peel and slice the onion in half, then half in 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 roasting the squash and onion, 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. Meanwhile, prepare the spiced chickpeas. In a sauté pan, heat the chickpeas in 2 tablespoons of olive oil. Sprinkle with the spices, stir continuously, and cook until slightly browned, about 10 minutes.
4. After the chickpeas have browned, remove from the pan. In the same sauté pan, add 2 tablespoons of olive oil and sauté the chard stems for 3-5 minutes or until tender. Add the leaves and sauté until just wilted. Salt and pepper to taste.
5. Whisk the dressing ingredients together until combined well. Assemble the bowls and serve with a side of dressing, sprinkle with salt and pepper, and a garnish of cilantro leaves.