

# QUINOA WITH BUTTERY ROASTED VEGETABLES

Prepared by: Joann Schwarberg, September 2018

Source: Thepioneerwoman.com

1 cup Quinoa, Uncooked  
3 cloves Garlic, Minced  
4 Tablespoons Land O Lakes® Salted Butter  
1/2 whole Red Onion, Peeled And Cut Into Large Chunks  
1/2 whole Butternut Squash, Peeled, Seeded, And Cut Into Large Chunks  
2 whole Large Carrots, Peeled, Halved, And Cut Into 1-inch Pieces  
2 whole Large Parsnips, Peeled, Halved, And Cut Into 1-inch Pieces  
Salt And Pepper, to taste  
4 Tablespoons Pine Nuts  
6 ounces, weight Baby Arugula Leaves  
1 cup Parmesan Shavings, Divided  
Lemon

Preheat the oven to 400 degrees.

Prepare quinoa according to package directions. Set it aside to cool.

In a small skillet over medium-low heat, melt the butter with the garlic. Turn off the heat and allow it to sit for 5 minutes.

Arrange the vegetables on a large rimmed baking sheet. Pour over half of the garlic butter, sprinkle on salt and pepper, and toss to coat. Roast the vegetables for 35 to 40 minutes, tossing occasionally, until they're nice and deep golden brown. Remove them from the oven and set them aside to cool slightly.

Add the pine nuts to the same skillet over low heat and toast them for 5 to 7 minutes, tossing occasionally, until light golden brown. Set aside.

Place cooked, cooled quinoa in a large bowl. Toss in the roasted vegetables and half the Parmesan shavings. Squeeze lemon in the remaining melted garlic butter and add to roasted vegetables. Toss in the arugula (it will wilt slightly) and the pine nuts, then sprinkle the rest of the Parmesan on top.

Serve warm or at room temperature.

*Joann's Notes: "Roast the carrots and parsnips first, add squash about 20 minutes into roasting, use a large shallow pan, broil at end to get a little crispy on the edges."*

