



Butternut Squash, Caramelized with Quinoa & Brussels Sprouts

Servings : Serves 6 as a side **Source :** lowagirleats.com

INGREDIENTS

1 cup quinoa, rinsed well
scant 2 cups vegetable or chicken broth
1/2lb brussels sprouts, sliced or shaved
1 Tablespoon extra virgin olive oil
garlic salt & pepper
2 Tablespoons butter
2 cups butternut squash, 1/2 inch cubes
1-1/2 Tablespoons brown sugar
1/3 cup grated parmesan cheese
1/4 cup pepitas/pumpkin seeds

DIRECTIONS

Bring the broth to a boil in a saucepan then add rinsed quinoa. Place a lid on top then turn heat down to medium-low and simmer until tender, about 15 minutes. Fluff with a fork then set aside.

Meanwhile, preheat oven to 375 degrees then line a baking sheet with foil. Add brussels sprouts, oil, garlic salt, and pepper to baking sheet then toss with fingers to evenly coat. Roast for 15 minutes or until golden brown.

Melt butter in a large cast iron or heavy-bottomed skillet over medium-high heat. Add brown sugar and butternut squash then saute, stirring every so often - more so near the end - until tender, about 15 minutes.

Combine quinoa, brussels sprouts, butternut squash, parmesan cheese, and pepitas in a large bowl then toss and serve with extra parmesan cheese, if desired.

NOTES

If you can't find pre-shredded brussels sprouts, trim the ends, peel off any outer leaves that are loose, then shred thinly with a sharp knife.