



Roasted Fall Vegetable Quinoa with Toasted Almonds

You can roast any seasonal vegetables to change up this recipe! Be creative with different nuts and spices.

<u>U.S.</u>		<u>Metric</u>
3/4 tsp	Salt, Kosher	4.5 g
1/2 tsp	Black Pepper, ground	2.5 g
1 Tbsp	Smoked Paprika	9 g
2 tsp	Cinnamon	3 g
1 tsp	Thyme, dried	1.5 g
1 Tbsp	Cumin, ground	9 g
1/2 lb	Sweet Potatoes, small dice	228 g
1/2 lb	Parsnips, cut into 1/4" half moons	228 g
1/2 lb	Brussels Sprouts, base removed, halved	228 g
5 tsp	Olive Oil	25 mL
2 tsp	Honey	10 g
1 large	Onion, small dice	110 g
4 cloves	Garlic, minced	12 g
1/2 cup	White Wine, dry	119 mL
3 cups	Vegetable Stock or Water, low sodium	711 mL
1 1/2 cup	Quinoa	170 g
1 (15 oz) can	White Beans, drained, rinsed	424 g
4 tsp	Sliced Almonds, lightly toasted	20 g
3 Tbsp	Parsley, fresh, chopped	12 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
2. Mix together the salt, pepper, smoked paprika, cinnamon, thyme, and cumin in a mis en place bowl.
3. Chop the sweet potatoes, parsnips, and Brussels sprouts and add them together in a medium bowl. Drizzle with olive oil and honey, mix well.
4. Add spice mix to the vegetables and mix until all vegetables are evenly coated.
5. Place the vegetables on a sheet tray or cookie sheet covered with foil (for easy cleaning). Make sure not to overcrowd the pan and lay in a single layer in order for vegetables to roast properly.
6. Put the vegetables in the oven and roast until fork tender, about 30 minutes. Once finished, set aside at room temperature.
7. Place a medium pot over medium-high heat. Add 2 tablespoons of olive oil. Add onion and saute until translucent. Add garlic and continue to cook until you see browning on the bottom of the pot.
8. Deglaze the pan by adding white wine and scrap of the brown bits on the bottom of the pan. Add the vegetable stock and bring to a boil.
9. Add the quinoa and stir to incorporate. Reduce to a simmer, cover, and cook for about 20 minutes, or until quinoa has absorbed liquid and cooked through.
10. Add beans and roasted vegetables to cooked quinoa. Stir to thoroughly combine.
11. Serve 2 cups of quinoa on a plate and sprinkle with 1 teaspoon each of toasted almonds and chopped parsley.

Nutrition Facts

4 Servings

Serving size 2 cups

Amount per serving 2 cups

Calories 350

Calories from Fat 80

Total Fat 9 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 4 g

Cholesterol 0 mg

Sodium 440 mg

Total Carbohydrate 54 g

Dietary Fiber 10 g

Total Sugars 14 g

Includes 3 g Added Sugars

Protein 8 g

Vitamin D 0 %

Calcium 10 %

Iron 20 %

Potassium 915 mg

Phosphorus 246 mg