



# QUINOA AND VEGETABLES

REVEAL.REPLENISH.REIGNITE

## INGREDIENTS

- **2 cups chicken broth**, homemade preferred
- **1 cup quinoa**, rinsed in cold water
- **1/2 Butternut Squash** cut in 1/2 inch cubes
- **8 oz Brussels Sprouts** sliced and chopped
- **1 Leek**, cut in quarters lengthwise and chopped
- **1 tbsp Olive Oil or Ghee**
- **2 tsp Thyme**
- **1 1/2 tsp Real Salt** (or sea salt)
- **4 oz Goat Cheese**, with herbs if available

## OTHER IDEAS

### CHANGE UP THE VEGGIES

- Try sweet potato, beets, carrots, or rutabaga in place of the squash.
- Try broccolini, broccoli, or asparagus in place of the Brussels sprouts.
- Throw in some cooked spinach or peas.
- Use red onions or shallots instead of leeks.
- Add a few minced garlic cloves to your roasting tray.

### CHANGE UP OR OMIT THE CHEESE

### CHANGE UP THE SPICES



## DIRECTIONS

### QUINOA

1. Bring broth to a boil.
2. Add rinsed quinoa.
3. Cover and simmer 15 minutes.
4. Let rest 5 minutes.
5. Fluff with a fork.

### VEGETABLES

1. Preheat the oven to 375 degrees Fahrenheit.
2. Put the butternut squash, Brussels sprouts, and leeks on a roasting tray. Massage in your fat of choice, thyme and salt. (Yes, massage. Get the fat all over everything to seal in the flavors.)
3. Bake until caramelized and beginning to brown, 20-25 minutes, turning once.

### TO SERVE

1. Stir quinoa, roasted veggies and goat cheese together until combined. There should still be chunks of goat cheese.
2. Taste, and add salt if needed.
3. Note: If you made the quinoa and vegetables ahead of time, re-warm everything together in a skillet with the goat cheese before serving.