

QUINOA BUTTERNUT SALAD WITH MIXED GROUND NUTS

Preparation Time: 15-25 minutes depending on the amount

Cooking Time: 25-40 minutes depending on the amount

Cooking Temperature: 400° Fahrenheit

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Quinoa, cooked	½ Cup	1 Cup	1 ½ Cups	2 Cups
Butternut, cubed	1 Cup	2 Cups	3 Cups	4 Cups
Olive oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Sage, fresh, finely chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Arugula	¼ Packet	½ Packet	¾ Packet	1 Packet
Feta cheese, crumbled	½ Round	1 Round	1 ½ Rounds	2 Rounds
Cashews, unsalted, ground	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Almonds, unsalted ground	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Pumpkin seeds, ground	1 tsp.	2 tsp.	3 tsp.	4 tsp.

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Method:

- Preheat the oven.
- Cook the quinoa according to instructions on package and allow to cool.
- Cube the butternut into bite size pieces and place into baking tray, toss in the olive oil and roast for 25-40 minutes until tender and cooked through.
- Once cooked, mix the chopped sage into the butternut and allow to cool.
- Mix the butternut and quinoa together.
- On individual plates place a small heap of rocket topped with the butternut and quinoa mixture.
- Crumble the feta cheese over the salad and sprinkle the ground nut mixture on top of the butternut salad.

Tips to Reduce Preparation & Cooking Time:

- Pre cook the butternut in the microwave to reduce cooking time.
- Buy already chopped and peeled butternut.
- Use a pestle and mortar to grind the nuts and seeds, this will reduce preparation time.

Quinoa Butternut Salad with Mixed Ground Nuts - Analysis per Serving	
Energy:	
Calories (kcal):	229
Protein (g):	6.8
Total Fat (g):	13.3
Saturated Fat (g):	3.6
Monounsaturated Fat (g):	6.4
Polyunsaturated Fat (g):	1.6
Omega-3's (g):	0.3
Cholesterol (mg):	13.0
Carbohydrates (g):	24.3
Of which is sugars (g):	0.2
Fiber (g):	6.0
Sodium (mg):	175.0