

# Quinoa Pie With Butternut Squash

Quinoa is protein and iron-rich. This dish can be served as part of a holiday menu or with a green salad anytime.

Serves 8. Recipe from *Martha Stewart Living*, November 2006

1 T.	extra-virgin olive oil
1 squash (or 1.5 lbs)	butternut squash, peeled, halved crosswise, and seeded
18	fresh sage leaves, plus 1 teaspoon finely chopped sage
1/2	onion, cut into 1/4-inch dice (3/4 cup)
1	garlic clove, minced
1 cup	quinoa
2 cups	vegetable stock
1.5 oz.	Parmesan cheese, finely grated
1 t.	coarse salt
1/8 t.	freshly ground pepper
	vegetable oil cooking spray (or oil to line pan)

Preheat oven to 375 degrees. Brush 2 rimmed baking sheets with 1 teaspoon oil. Cut five 1/4-inch-thick rings of squash; cut remainder into 1/4-inch dice. Place squash on sheets. Toss with 1 teaspoon oil; sprinkle with 12 sage leaves. Bake until tender and just golden, 15 - 20 minutes. Let cool completely. Keep oven on.

Heat remaining teaspoon oil in a medium saucepan over medium heat. Add onion and garlic. Cook, stirring, until translucent, 3 to 5 minutes. Add quinoa and stock; bring to a boil. Cover; reduce heat. Simmer until liquid has been absorbed, about 15 minutes. Remove from heat. Let stand, covered, 2 minutes.

Stir together quinoa, diced squash, chopped sage, Parmesan, salt, and pepper in a medium bowl.

Coat a 9-inch glass pie plate with cooking spray. Arrange 6 sage leaves face down in plate; top with squash rings. Press quinoa mixture on top. Bake 20 minutes. Let cool 5 minutes, then invert onto a serving platter. Serve wedges warm or at room temperature.

# Quinoa Pie With Butternut Squash

Quinoa is protein and iron-rich. This dish can be served as part of a holiday menu or with a green salad anytime.

Serves 8. Recipe from *Martha Stewart Living*, November 2006

1 T.	extra-virgin olive oil
1 squash (or 1.5 lbs)	butternut squash, peeled, halved crosswise, and seeded
18	fresh sage leaves, plus 1 teaspoon finely chopped sage
1/2	onion, cut into 1/4-inch dice (3/4 cup)
1	garlic clove, minced
1 cup	quinoa
2 cups	vegetable stock
1.5 oz.	Parmesan cheese, finely grated
1 t.	coarse salt
1/8 t.	freshly ground pepper
	vegetable oil cooking spray (or oil to line pan)

Preheat oven to 375 degrees. Brush 2 rimmed baking sheets with 1 teaspoon oil. Cut five 1/4-inch-thick rings of squash; cut remainder into 1/4-inch dice. Place squash on sheets. Toss with 1 teaspoon oil; sprinkle with 12 sage leaves. Bake until tender and just golden, 15 - 20 minutes. Let cool completely. Keep oven on.

Heat remaining teaspoon oil in a medium saucepan over medium heat. Add onion and garlic. Cook, stirring, until translucent, 3 to 5 minutes. Add quinoa and stock; bring to a boil. Cover; reduce heat. Simmer until liquid has been absorbed, about 15 minutes. Remove from heat. Let stand, covered, 2 minutes.

Stir together quinoa, diced squash, chopped sage, Parmesan, salt, and pepper in a medium bowl.

Coat a 9-inch glass pie plate with cooking spray. Arrange 6 sage leaves face down in plate; top with squash rings. Press quinoa mixture on top. Bake 20 minutes. Let cool 5 minutes, then invert onto a serving platter. Serve wedges warm or at room temperature.

# Shopping List

## Quinoa Pie with Butternut Squash

Ingredients	Wieght or Volume	PLU #
extra virgin olive oil	1 T.	_____
butternut squash	1 (about 1.5 lbs.)	_____
fresh sage leaves	18, plus 1 t.chopped	_____
onion	1/2, cut into 1/4-inch dice (3/4 cup)	_____
garlic	1 clove minced	_____
quinoa	1 cup	_____
vegetable stock	2 cups	_____
Parmesan cheese	1.5 oz., finely grated	_____
coarse salt	1 t.	_____
ground pepper	1/8 t.	_____

# Shopping List

## Quinoa Pie with Butternut

Ingredients	Wieght
extra virgin olive oil	1 T.
butternut squash	1 (about
fresh sage leaves	18, plus
onion	1/2, cut dice (3/4
garlic	1 clove
quinoa	1 cup
vegetable stock	2 cups
Parmesan cheese	1.5 oz.,
coarse salt	1 t.
ground pepper	1/8 t.