



Simple, Seasonal, Sustainable

Recipe of the Week

Central Valley Harvest Bake

Ingredients:

- 3 cups Fresh butternut squash, peeled, seeded, cubed 1/2"
- 2 teaspoons extra virgin olive oil
- 1/3 cup Fresh red onions, peeled, diced
- 2 1/4 teaspoons Fresh jalapeno pepper, seeded, diced
- 1/4 cup Fresh red bell pepper, seeded, diced
- 1/8 cup Red quinoa, dry
- 1/4 cup Canned low-sodium black beans, drained, rinsed
- 3 1/2 teaspoons Fresh oregano, chopped
- 1/4 cup Sweetened applesauce
- 1/4 teaspoon Kosher salt
- 2 tablespoons Fresh lime juice (optional)
- 3/4 cup Low-fat granola, no fruit

Serves 20

97 calories, 2 g fat, 0 g Sat. Fat, 115 mg Sodium,

20 g carbohydrates, 4 g Fiber, 2 g Protein

Source: *What's Cooking? USDA Mixing Bowl*

Directions:

1. Preheat oven to 350 °F.
2. In a large bowl, toss squash in 1 tsp olive oil. Spread onto a large baking sheet sprayed with nonstick cooking spray. Roast in oven at 350 °F for 30 minutes or until tender and lightly brown around the edges. Remove and keep warm.
3. In a small bowl, toss onions, jalapeno peppers, and red peppers with remaining olive oil. Spread vegetables evenly onto a baking sheet sprayed with a nonstick cooking spray and roast in oven at 350 °F for 15 minutes or until tender and lightly brown around the edges. Check the vegetables often, they will brown very quickly. Remove and keep warm.
4. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 1/2 cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of quinoa and water.
5. In a large bowl, combine squash, black beans, quinoa, and oregano.
6. Mix in applesauce, salt, and optional fresh lime juice.
7. Add onions, jalapeno peppers, and red peppers. Mix well.
8. Pour mixture into an 8" x 8" nonstick baking pan. Press gently to pack. Sprinkle granola evenly over the top of mixture. Bake for 30 minutes at 350 °F. Granola should be lightly browned. Serve hot.

