



Makes about 8 cups
Cook Time: 1 hours 30 minutes

INGREDIENTS:

1 small butternut or acorn squash (about 1 pound)
3 cups stemmed and finely chopped kale
1/2 cup finely chopped fresh parsley
1/4 cup fresh lemon juice (from 2 to 3 lemons)
1 small clove garlic, minced
Sea salt
Freshly ground black pepper
1/2 cup dry/uncooked quinoa
1/2 cup dry/uncooked millet
1/3 cup slivered almonds
1/4 cup raisins

Quinoa with Kale and Roasted Butternut Squash

This is a great lunch or dinner dish no matter what season it is. During the summer, serve it chilled on a bed of greens, and during the winter, serve it at room temperature with a cup of hot soup.

From *The Forks Over Knives Plan*

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By Darshana Thacker Wendel

- 1 Preheat the oven to 375°F. Cut the squash in half and scoop out and discard the seeds. Place the squash cut-side down on a rimmed baking sheet and bake until tender, 50 to 60 minutes. Set aside until completely cool. Peel off the skin and cut the squash into 1/2-inch cubes.
- 2 Meanwhile, in a large bowl, combine the kale, parsley, lemon juice, garlic, and salt and pepper to taste. Let stand for 30 minutes.
- 3 Bring 2 cups water to a boil in a small saucepan. Add the quinoa and millet and return to a boil. Reduce the heat to low, cover the pan, and simmer for 10 minutes. Remove from the heat and let stand, covered, for at least 10 minutes. When the liquid is absorbed, remove the cover and let cool.
- 4 While the grains cook, place the almonds in a medium skillet and toast over medium-low heat, stirring frequently, until lightly browned and fragrant, 5 to 7 minutes. Immediately transfer the nuts to a plate to cool.
- 5 Add the squash, quinoa-millet mixture, and raisins to the kale mixture. Stir gently to combine. Taste and adjust the seasonings. Top with the toasted almonds. Serve at room temperature or chilled.