



# FALL FESTIVAL APPLE LEMON QUINOA

(V, GF, DF)

## INGREDIENTS

- 1 cup quinoa
- 2 cups low sodium vegetable broth
- 1 butternut squash, seeded and cubed into 1/2 inch chunks (I used pre-cut fresh squash to speed up my prep time and to make this much easier to prepare)
- 2 tablespoons olive oil (or your choice of high heat cooking oil)
- 2 apples (I used a honeycrisp variety)
- 2 lemons (or 6-8 tablespoons lemon juice, divided)
- 1/2 cup chopped walnuts
- 1/2 cup grated vegan parm
- Salt and pepper to taste

## DIRECTIONS

1. *Heat your oven to 400 degrees (F)*
2. *Line a baking sheet with parchment paper. Place the cubed squash on the tray. Drizzle with the olive oil. Sprinkle with a bit of salt and pepper. Toss to combine.*
3. *Roast the squash for 30 minutes or until it's soft and slightly browned, stirring it at the halfway mark.*
4. *Combine quinoa and broth in a medium saucepan. Bring to a boil on high heat. Reduce heat once boiling and cover with a lid. Simmer about 15 minutes or until the grains are soft and translucent. Set aside when it is finished cooking.*
5. *Core and chop the apples into small chunks. Place in the mixing bowl. Squeeze one lemon (or 3-4 tablespoons lemon juice) on top of the apples (the lemon is for flavor AND to ensure the apples don't brown).*
6. *Grate the cheese if necessary. Place it in the bowl with the apples and lemon juice. Toss to combine.*
7. *Add the cooked quinoa and squash to the apple, lemon, and cheese mixture*
8. *Add the juice of the other lemon (about 3-4 tablespoons) to the mixture*
9. *Mix well. Add salt and pepper to taste.*
10. *Eat and enjoy!*

**PREP TIME: 10 MIN**

**COOK TIME: 30 MINS**

**TOTAL TIME: 40 MINS**

**RECIPE BY: CAROLYN J. BRADEN**

[www.carolynsbloomingcreations.com](http://www.carolynsbloomingcreations.com)