



Butternut Squash "Rotini" Spinach Walnut Quinoa

Servings

4-6

Calories

240

Prep Time

15 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 1 (10 ounce) package Mann's Butternut Squash "Rotini"
- ½ cup quinoa, rinsed and drained
- 2 garlic cloves, minced
- 1 cup chicken or vegetable broth
- 2 tablespoons olive oil
- 2 cups baby spinach leaves
- 1 teaspoon ground coriander
- ½ cup toasted walnuts, chopped
- ½ teaspoon ground cumin
- 2 tablespoons lemon juice
- 1 cup onions, chopped
- Salt and pepper to taste



The Method

Combine quinoa and broth in a 2-quart saucepan; heat to a boil. Cover pan; reduce heat to low and simmer 15 - 20 minutes or until the liquid is absorbed. Set aside, covered.

Heat oil in large skillet over medium heat. Add coriander, cumin and onions; sauté for 5 minutes until onions are soft. Add garlic and Butternut Squash "Rotini;" sauté until tender (3-5 minutes). Gently combine Butternut Squash "Rotini" mixture, cooked quinoa, spinach, walnuts, and lemon juice. Season to taste with salt and pepper. Serve immediately.



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Nutrition Facts

Serving Size: 211g | Servings: 4-6

Amount Per Serving

Calories 240 | Calories from Fat 130 | Total Fat 14g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 210mg | Total Carbohydrate 26g | Dietary Fiber 5g | Sugars 4g | Protein 6g | Vitamin A 180% | Vitamin C 45% | Calcium 8% | Iron 15%