Quinoa and Butternut Squash Hotdish



Makes 8 servings

Ingredients

- 2 tablespoons extra-virgin olive oil
- 6 cups cooked diced butternut squash
- 3 cups cooked quinoa
- 2 cups frozen corn, thawed and drained
- I 15-ounce can low-sodium black beans, rinsed and drained
- I medium tomato, stem removed and diced
- I¹/₂ teaspoons ground cumin
- 1¹/₂ teaspoons smoked paprika
- I fresh lime, cut in half
- 2 avocados, peeled, pit removed and diced

Directions

- I. Preheat oven to 400 F.
- 2. Coat a 9-by-13-inch pan with oil. Add squash, quinoa, corn, black beans, tomatoes, cumin and paprika. Stir. Squeeze lime juice over the top. Bake for 10 to 15 minutes.
- 3. Remove from oven, garnish with avocado and enjoy warm!

Allina Health 🕉

MAIN DISH



TIP

Is your avocado too hard (underripe)? Put it in a small paper bag with another piece of fruit such as an apple or banana. Close the bag and store it in a cool, dark place for 1 to 3 days. Voilà! Your avocado will be easy to peel and cube for this recipe!



 \bigotimes = low sodium

(GF) = gluten free

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Serving Size 1 Servings Per C			(391g)
Amount Per Servin			
Calories 350	Calo	ries from	Fat 120
		% Da	aily Value'
Total Fat 13g			20%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol Or	ng		0%
Sodium 90mg			4%
Total Carbohy	drate	54g	18%
Dietary Fiber 15g			60%
Sugars 6g			
Protein 10g			
Vitamin A 340%	·	Vitamin (
Calcium 10%		Iron 20%	
*Percent Daily Value diet. Your daily value depending on your o	is may b alorie ne	e higher or l ieds:	ower
	alories: ss than		2,500
	ss than	65g 20g	80g 25g
	ss than		300mg
Sodium Le Total Carbohydrate	ss than	2,400mg 300g	2,400mg 375g
		25g	30g

Carb choices per serving: 2 1/2