

# Quinoa Stuffed Delicata Squash with Lemony Arugula Salad

## INGREDIENTS

- 1 cup quinoa, washed (you can buy this prewashed)
- 2 cups low sodium vegetable broth
- 2 Delicata squash
- 1 Tbsp maple syrup
- ½ Tbsp grapeseed oil
- Salt
- 5 oz of arugula
- Juice of 2 lemons
- ½ Tbsp extra virgin olive oil (or grapeseed oil)
- 1 clove garlic
- Pepper
- 2 small or 1 large red pepper
- 1 cup grape tomatoes
- 1 cup broccoli
- ½ Vidalia (sweet) onion
- 8 oz mushrooms
- 2 tsp grapeseed oil
- Juice of ½ orange (option to add more)
- Fresh marjoram
- (optional) soy sauce, maple syrup

## DIRECTIONS

Serves 4

1. Preheat the oven to 400 degrees. Start this class with a preheated oven. Line a cookie sheet with parchment paper.
2. Toast the quinoa in a hot pan until nutty. Remove from the heat and slowly and carefully add vegetable broth (the broth will spatter because the pan is hot, so be careful). Bring to a boil, cover, reduce heat, and simmer on low for 16 min.
3. Microwave squash whole for 3 min. Remove the ends, cut in half, and scrape out the seeds. Brush with grapeseed oil, maple syrup, and salt. Place upside down on the cookie sheet and place in the oven for 15 min.
4. Prepare the salad. Juice two lemons into a bowl. Add minced garlic and grapeseed oil. Add salt and pepper to taste. Mix in arugula, peppers, tomatoes, and broccoli.
5. Heat 2 tsp grapeseed oil in a large frying pan. Add diced onions, salt, and mushrooms. Add the juice of the orange. Mix in the cooked quinoa. Finish with marjoram. Season to taste (if preferred a little sweeter, add a touch of maple syrup. If preferred it a little more earthy, you can top with a little soy sauce.