

CENTRAL VALLEY HARVEST BAKE

Preparation Time: 2 hours
Servings: 6 (½ cup per serving)



INGREDIENTS

1 ¼ lb peeled and cut butternut squash (1 medium size)
2 tsp extra virgin olive oil
⅓ cup chopped onions (1 medium)
2 ¼ tsp diced jalapeno pepper (1 small pepper)
¼ cup diced red bell pepper (1 small pepper)
1 Tbsp red quinoa, uncooked
½ cup water
2 ½ Tbsp sweetened applesauce
¼ cup canned black beans (use ⅓ of a 15 oz can, rinsed and drained)
3 ½ tsp fresh oregano (1 small bunch)
¼ tsp kosher salt
¼ cup low fat granola (½ of a 4 oz bag)

DIRECTIONS

1. Preheat oven to 350°F
2. Peel and cut squash into ½ inch cubes and place in large bowl. Mix with 1 tsp of olive oil and toss until evenly coated. Pour squash onto a baking sheet sprayed with non-stick spray. Roast in oven at 350°F for 30 minutes or until tender. Remove and keep warm at 140°F.
3. While squash is roasting, cut onions, jalapeno pepper, and red bell peppers into ¼-inch cubes. Place onions, jalapeno, and red bell pepper in a small bowl and toss with remaining olive oil. Spread these vegetables on a baking sheet (12 ½" x 17 ½" x 1"), sprayed with a non-stick spray and roast in oven at 350°F for 15 minutes or until tender. Check the vegetables often, they will brown very quickly. Remove and keep warm at 140°F.
4. Prepare quinoa by rinsing it in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and water in an uncovered small pot and bring to a boil. A rice cooker may be used with the same proportion of quinoa to water. Turn heat down to low and simmer until water is completely absorbed, usually 15 minutes. When done quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff with fork and set aside.
5. In large bowl, combine applesauce, black beans, cooked quinoa, oregano, and salt. Then add roasted vegetables including squash and lightly toss together. Combine well.
6. Pour mixture into a non-stick baking pan (8" x 8"), press lightly. Sprinkle granola evenly over the top of mixture. Bake at 350°F for 30 minutes or until granola is lightly browned.
7. Serve hot at 140°F. Makes 6 (½ cup) servings.