

# Healthy Recipe: Quinoa With Roasted Winter Vegetables

Quinoa is one of the rare grains that is a complete protein.

January 14, 2022 By Cook for Your Life

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Quinoa is one of the few grains that can boast of being a complete protein. It's a great addition to any meal, vegetarian or otherwise. This is our winter version of our [Quinoa With Roasted Ratatouille](#), a combo that puts easy sheet pan roasted summer vegetables on top of quinoa. As the seasons change, you can change up the roasted vegetables and herbs you use, so use our selection here as a guide. Whatever you choose, it'll always be good. The only thing we recommend not changing are the tomatoes, as they bring all the flavors together. Enjoy!

30 min prep

6 servings

15 ingredients

## Ingredients

- 2 cups butternut squash, peeled and in 1 inch dice
- 1 cup carrots, scrubbed and cut into 1 inch chunks (about 2 medium carrots)
- 1 cup parsnips, scrubbed and cut into 1-inch pieces (about 1 large parsnip)
- 1 cup turnips, peeled and cut into 1 inch wedges (about 1 large or 2 small parsnips)
- 12 cloves of garlic, in their skins
- 2 tablespoons olive oil, plus
- 2 teaspoons olive oil
- 2 sprigs rosemary, lightly chopped
- Salt, to taste
- 1 cup cherry tomatoes, washed and halved

- 2 cups quinoa, rinsed well in a fine sieve
- 4 cups water or stock
- 2 scallions, bottoms trimmed and split length-ways
- 3 tablespoons chopped Italian parsley, plus 1 sprig
- 3 medium shallots, thinly sliced

## Directions

1. Pre-heat the oven to 400 degrees.
2. In a large bowl, toss the squash, carrots, parsnips, turnips, and garlic with 2 tablespoons of olive oil, chopped rosemary, and salt. Spread them out into a single layer on two baking sheets. Toss the tomatoes into the same large bowl with any remaining oil, and set aside.
3. Roast the vegetables for 20 minutes. Turn the vegetables and add the tomatoes and cook for another 10-15 minutes or until all the vegetables are soft, golden, and caramelized around the edges. While the vegetables are cooking, put the washed quinoa, water, scallions, parsley, and 1 teaspoon of olive oil and salt, into a saucepan with a lid. Bring to a boil. Cover, turn heat down to low and simmer for 20 minutes. Take off the heat and set aside covered until you are ready to use it.
4. While the quinoa is cooking, heat the remaining 1 teaspoon of oil in a large pan over a medium low heat. When it starts to simmer, add the shallots and sauté slowly until they turn golden and caramelized, about 8-10 minutes. Toss with the roasted vegetables and chopped parsley.
5. Remove the herbs and scallion greens from the quinoa. Fluff with a fork and pour onto a platter. Make a well in the center and spoon the roasted vegetables and herbs into it. Garnish with some parsley leaves and serve warm.

## Chef Tips

Be sure to wash the quinoa well before cooking as the grain has a bitter outer coating, saponin, that needs to be washed off before cooking. You can make the quinoa and store it in the fridge for up to 5 days to have on hand.

For extra protein, if you have any leftover chicken or turkey, shred the meat and when the scallions have almost finished cooking in step 5, add the meat to them and sauté together for 3-4 minutes.

## Nutrition Facts (per serving)

Calories: 354; Fat: 10g; Saturated Fat: 1g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 5g; Carbohydrates: 58g; Sugar: 7g; Fiber: 9g; Protein: 11g; Sodium: 943 mg

## Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO,

a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#).

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