

Quinoa Blend With Butternut Squash, Apple and Onion

Ingredients

- 1 package Near East® Quinoa Blend Rosemary & Olive Oil
- 1 tbsp butter or olive oil
- 1 cup peeled, cubed (1/2-inch) butternut squash
- 1/2 cup chopped red onion
- 1 cup apple juice
- 3/4 cup water
- 1/4 tsp dried thyme
- 1/2 cup cubed (1/2-inch) apple

How to make it

1. Heat butter in medium saucepan over medium heat; add squash and onion. Cook, stirring frequently 5 minutes or until lightly browned and tender.
2. Add quinoa/brown rice blend, apple juice, water and thyme; bring to a boil.
3. Reduce heat to medium-low; add contents of Spice Sack and stir well.
4. Boil gently for 12 minutes; stir in apple. Boil 2-5 additional minutes or until liquid is absorbed.
5. Remove from heat; cover and let stand 5 minutes. Fluff with fork before serving.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	4

Made with



Near East® Quinoa Blend Rosemary & Olive Oil