

QUINOA WITH ROASTED WINTER VEGGIES AND CURRIED BEANS

Makes 4 – 6 servings

Vegetables

- 1 small bundle of carrots, peeled and chopped
- 1 medium sweet potato, peeled and chopped
- 1 butternut squash peeled and chopped
- 1 large red onion, chopped
- 2 tbsps olive oil
- 1 tsp kosher salt
- 1/2 tsp dried thyme
- 1/4 tsp ground black pepper

Quinoa

- 1 cup quinoa, rinsed
- 2 cups of water
- Salt

Dressing

- 3 tbsps olive oil
- 3 tbsps balsamic vinegar
- 1 tsp honey
- 1/2 tsp Dijon mustard
- 1 clove of garlic, crushed

To make the vegetables

Preheat the oven to 400 degrees. Line a baking sheet with foil. Toss the vegetables with the olive oil, salt, thyme, and pepper. Arrange the vegetables on a single layer on the baking sheet and bake for 40 minutes until fork tender, turning once halfway through.

To make the quinoa

In a medium saucepan, add the quinoa to salted water. Bring to a boil. Reduce heat, cover and simmer for 12-14 minutes until the quinoa is cooked through. Fluff with a fork.

To make the dressing

Whisk it all together

To assemble the salad

Mix the dressing and the quinoa. Add the vegetables and toss to combine.

Curried Beans

- 3 cups dried bean such as pinto, scarlet, black, Anasazi or white Northern
- 2 springs of epazote, fresh or dried (optional)
- 9 cups low-sodium chicken broth or water (add more liquid if you like soupier beans)
- 1 tbsp olive oil or lard
- 1 cup chopped onion
- 5 cloves garlic, minced
- 1 tsp salt
- 2 tsp cumin

1 chopped tomato

Rinse beans, cover with water, and soak overnight or for at least 6 hours. Discard water and rinse beans again. Place beans and epazote in a pot with 9 cups of low-sodium chicken broth or water and simmer for 1 ½ to 2 hours. Liquid should cover just about one inch above the beans.

While the beans are cooking, heat the oil or lard in a saucepan. Add the onions first and sauté until soft, then add the garlic and sauté for 5 minutes. Add the onion, tomato, and garlic mixture to the pot of beans while they are cooking.

Important: Wait until the beans are soft before adding salty or acidic foods, or else the beans will not soften.