**Winter Squash Quinoa Bowl with Turmeric Tofu &**

 **Sun Butter Vinaigrette**

**Yield: 6 portions**

**Ingredients:**

**Grain Bowl Components**

* + 1 acorn squash (can substitute butternut, delicata, or small pumpkin squash)
	+ 8 oz pre-cooked beets or dried cranberries
	+ 14 oz package of extra firm tofu
	+ 1 tbsp ground turmeric
	+ 1 tsp dried thyme leaves or 1 tbsp thyme
	+ 1.5 cups dried quinoa
	+ 2 cups water (substitute vegetable broth or stock to add flavor)
	+ 12 oz kale or rainbow chard
	+ Toasted pumpkin seeds or squash seeds

**Nut Vinaigrette**

* + 1/2 cup Sun Butter (can use any nut butter like almond or walnut)
	+ 1/2 tsp fresh lemon juice
	+ 2 tsp pure maple syrup (optional)
	+ 1/4 tsp garlic powder
	+ 1/4 tsp ground cinnamon
	+ 1/8 tsp ground black pepper
	+ 1/4 cup water
	+ 1/4 teaspoon fine salt (optional)

**Procedure:**

1. Preheat your oven to 350 degrees Fahrenheit
2. Prepare your Tofu and vegetables for roasting
	1. Fill a large mixing bowl with cool water (or use a salad spinner skipping steps e-f)
	2. Cut your greens (kale or rainbow chard) into 1-inch squares
	3. Soak the greens in the mixing bowl with water to release any dirt for 3-5 minutes
	4. Periodically stir the greens, let them sit allowing the dirt or sand to sink to the bottom
	5. Once done soaking, scoop the greens out of the bowl, leaving the dirt and water behind
	6. Place in a colander to give one more quick rinse
	7. Open your tofu and drain off the extra water
	8. Once drained, cut into ¾ inch cubes
	9. Season with turmeric, and thyme leaves, set it aside
	10. Cut your beets (if using or measure Craisins) into 1/2-inch cubes and set aside
	11. Cut the acorn squash in half-length wise and scoop out the seeds reserving the seeds for roasting.
	12. Once the oven is preheated, place your squash halves in the oven and roast for about 35 minutes, or until soft to touch
3. At the same time, toast the pumpkin seeds or squash seeds
	1. Remember to check on the seeds often, stirring and shaking the pan to avoid burning them
4. Remove the seeds once golden brown. And set aside to cool slightly
5. While your squash is roasting, prepare your quinoa
	1. Bring 2 cups of water to a boil
	2. Measure your quinoa into a strainer and rinse thoroughly
	3. Once the water boils, stir in the quinoa and bring back to a boil
	4. Once boiling reduce the heat to a simmer and cover the pan, simmer for about 15 minutes (Set aside for plating)
6. Assemble the ingredients for the vinaigrette
	1. Add all the ingredients into a mixing bowl and whisk until all the ingredients are incorporated and smooth
7. Once the squash is cooked, set aside on a cutting board, and let rest
8. Add the tofu and diced beets to the baking pan and return to the oven to roast for 10 minutes
9. During this time, peel the squash or pumpkin by gently pulling the skin from the meat (it should release easily). If you would like to have a festive table, leave squash as is and use it as your bowl and skip step 10
10. Cut peeled squash into 1-inch cubes
11. Remove tofu and beets from the oven and prepare to plate
12. In a salad bowl add ½ cup cooked quinoa
13. Top the quinoa with 3 oz of greens (2-3 large handfuls)
14. Add your roasted squash and beets around the outer edge of the bowl
15. Place 2 oz of tofu in the middle
16. Sprinkle with 1 oz of toasted pumpkin seeds
17. Drizzle with 1 tablespoon of Sun Butter Vinaigrette
18. Garnish with a sprig of fresh thyme.
19. Sit back and enjoy

Per Serving: Calories 310; Total Fat 7.1g, Sat Fat 1.3g, Chol 0mg, Sodium 166mg, Total Carbohydrate 47.7g, Fiber 6.9g, Total Sugars 8g, Added Sugar 3g, Protein 15.5g, Calcium 270mg, Iron 6mg, Potassium 1051mg