



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## Roasted Butternut Squash and Quinoa Salad

Serves 6

Preheat oven 350\*

1 medium butternut squash , peeled, seeded and chunked  
1 yellow bell pepper, seeded and roughly chopped  
1 yellow onion, peeled and chopped  
2 potatoes, peeled and chunked  
½ fennel bulb, thinly sliced  
1 jalapeño pepper, seeded and finely chopped  
A handful cherry tomatoes, halved  
¼ cup extra virgin olive oil  
¼ cup chicken stock - homemade or commercial  
1 teaspoon sea salt  
Freshly ground pepper, to taste

Toss everything together and place in a shallow roasting dish.  
Cover and place in oven for 1 hour.

Meanwhile:

½ cup quinoa, rinsed  
1 cup chicken stock - homemade or commercial

Mix together in a medium sauce pan and place over high heat.  
Bring to a boil, reduce heat to minimum, cover pot and cook for 15 minutes  
Remove pot from heat and allow to sit, covered, for an additional 5 minutes  
Remove cover and fluff quinoa with fork

Dressing:

½ cup pezzatoni [diced plum tomatoes in a thick tomato puree]  
2 tablespoons balsamic vinegar  
2 tablespoons extra virgin olive oil

Combine ingredients in a small sauce pan and warm gently

When vegetables have finished roasting, place in a large salad bowl along with the cooked quinoa.  
Pour dressing over all, sprinkle with chopped basil and toss gently.

**THE LOVE:** The beauty of this salad is not crushing the roasted vegetables which will be quite soft after an hour in the oven so use a very light touch. If you use a commercial chicken stock, try to get hold of one with reduced salt. Better flavour and better for you!