



Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

Recipe: *Roasted Squash With Quinoa & Chimichurri*

Ingredients:

Roasted Squash:

- 1 butternut or acorn squash
- ¼ cup whole milk plain yogurt
- 1 tbs olive oil
- 1 tsp smoked paprika
- 1 tsp chili powder
- Salt & pepper to taste

Chimichurri:

- ½ bunch parsley, washed and tough stems removed
- 2 tbs fresh oregano leaves
- 3 tbs red wine vinegar
- 1 tsp honey or sugar
- 3 garlic cloves
- Red pepper flakes and salt, to taste
- ½ cup olive oil

To Assemble:

- Cooked quinoa (1 cup per serving)

Optional toppings

- Seeds, avocado, feta or goat cheese

Tip:

Embrace the super bowl. Grains + Greens + Dressing + Toppings = a superb lunch. As long as you keep your pantry stocked with some whole grains, you can make a lunch out of whatever's in your fridge. Make a bowl even more filling by adding some hard-boiled eggs, leftover cooked chicken or smoked fish. This dish would be delicious cold, or pack the chimichurri separate and warm it up. Again, this recipe makes more chimichurri than you need, but it keeps for two or three days, and is great on top of roasted veggies or grilled meat.

Directions:

1. Roast squash. Preheat oven to 375. Peel butternut squash, and cut crosswise in ¼ inch slices. Toss in a bowl with yogurt, oil, spices, salt, and pepper. Spread on a parchment-lined baking sheet, and roast for 30-40 minutes, until crispy on outside and tender inside.
2. Make chimichurri. Combine parsley, oregano, vinegar, honey, garlic, red pepper flakes, and salt in a food processor. Blend into a smooth paste, then scrape into a jar. Stir in olive oil, and taste to see if it needs more salt or honey.
3. Assemble. Layer cooked quinoa, cooked squash, and any additional toppings. Pour over a few tbs of chimichurri before eating.

Makes 2-3 servings



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