



Roasted Butternut Squash

with Quinoa, Chickpeas, Cranberries & Feta

SERVINGS: 2-4

PREPPING TIME: 20-25 MIN

COOKING TIME: 50-55 MIN

Ingredients

- 1 medium butternut squash, halved lengthwise and seeded
- 2 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 cup cooked quinoa
- 1 small yellow onion or shallot, finely chopped
- 2 cloves garlic, minced
- 3 cups chopped kale (or Swiss chard), tough stems removed
- 1 (15-ounce) can chickpeas, rinsed and drained
- ⅓ cup dried cranberries
- 1 teaspoon dried thyme or sage
- Zest and juice of ½ lemon or orange
- ⅓-½ cup crumbled feta cheese (or shaved Parmesan)
- Optional garnish: chopped parsley, olive oil drizzle

Directions

1. Preheat oven to 400°F. Brush the cut sides of the squash with 1 tablespoon olive oil and season well with salt and pepper. Place cut-side down on a rimmed baking sheet and roast until tender and lightly browned, about 40-45 minutes.
2. While the squash roasts, heat remaining olive oil in a large skillet over medium heat. Add onion and cook until softened and translucent. Stir in garlic and cook briefly, just until fragrant.
3. Add kale and cook until wilted. Fold in quinoa, chickpeas, cranberries, thyme, lemon/orange zest, and juice. Season with salt and pepper. Cook until warmed through and evenly combined, keeping the mixture fluffy rather than compact.
4. Remove squash from the oven and flip cut-side up. Divide the quinoa mixture evenly among the squash halves, mounding it slightly and letting some fall naturally to the sides.
5. Return to the oven for 8-10 minutes to heat through. Remove and top with crumbled feta so it softens but remains visibly textured.
6. Finish with fresh herbs or a light drizzle of olive oil before serving.
7. Pair with Lange Chardonnay!