



## Butternut Squash, Quinoa & Shrimp

2 servings

30 minutes

### Ingredients

1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)  
 1 tbsp Extra Virgin Olive Oil (divided)  
 Sea Salt & Black Pepper (to taste)  
 283 grams Shrimp (peeled, deveined)  
 1/2 cup Quinoa (dry, rinsed)  
 1/2 Lemon (juiced)  
 2 tbsps Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	387
Fat	10g
Carbs	40g
Fiber	5g
Sugar	3g
Protein	36g
Cholesterol	228mg
Sodium	176mg
Vitamin A	11211IU
Vitamin C	27mg
Calcium	163mg
Iron	4mg
Selenium	4µg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the squash on the baking sheet and drizzle with half of the oil. Season with salt and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through, until cooked through.
- 3 In the last five minutes of baking, add the shrimp to the baking sheet. Season with salt and pepper and bake for five minutes or until everything is cooked through.
- 4 Meanwhile, cook the quinoa according to package directions and set aside in a large bowl. Add the lemon juice, remaining oil, dill, and roasted squash. Mix and season with salt and pepper.
- 5 Divide the quinoa between serving plates. Top with shrimp and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**Make it Vegan:** Use tofu instead of shrimp.

**More Flavor:** Add red onion and bell pepper.

**No Quinoa:** Use couscous instead.