

# Butternut Squash, Quinoa & Shrimp

7 ingredients · 30 minutes · 2 servings



## 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.

## Ingredients

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

## Nutrition

Amount per serving

<b>Calories</b>	387	Vitamin A	11211IU
<b>Fat</b>	10g	Vitamin C	27mg
<b>Carbs</b>	40g	Calcium	163mg
Fiber	5g	Iron	4mg
Sugar	3g	Vitamin D	0IU
<b>Protein</b>	36g	Vitamin B12	0µg
Cholesterol	228mg	Magnesium	170mg
Sodium	176mg	Zinc	3mg
Potassium	1000mg	Selenium	4µg