

September Harvest Quinoa Bowl

Good for MCS, Great for Everyone!

- Seasonal: The harvest goodness of September includes apples, squash, carrots, kale, etc.
- Anti-inflammatory: Omega 3, healthy fats from flax, and soft herbs.



Ingredients (2 Servings)

- 1 cup rinsed quinoa
- 2 cups water (or low-sodium vegetable broth)
- 1 small delicata or butternut squash, diced into small cubes
- 1 large carrot sliced thinly
- 1 crisp apple (e.g., Honeycrisp or Gala), diced
- 2 cups washed, chopped kale or spinach
- 2 Tbsp ground flaxseed or chia seeds
- 2 Tbsp extra virgin olive oil (cold-pressed)
- Pinch of sea salt (optional, as tolerated)
- Fresh parsley or fresh dill (optional, as tolerated)

Instructions:

- Cook the quinoa:
 - In a pot place the rinsed quinoa and water or broth. Bring to a boil, then reduce the heat to simmer for about 15 minutes or until fluffy.
- Roast the veggies:
 - Preheat the oven to 375°F/190°C.
 - In a bowl toss the squash and sliced carrot lightly in 1 Tbsp olive oil.
 - Spread the squash pieces and carrot on a baking sheet and roast in the oven for 20 - 25 minutes until tender.
- Prepare apple & greens:
 - Dice the apple.
 - Lightly steam or sauté the washed chopped kale/spinach in a splash of water until wilted. Don't overcook, it takes just a few minutes.
- Combine all parts in the bowl:
 - Layer the ingredients by first adding the quinoa.

- Add the roasted squash and carrots. Then, add the apples, and the steamed greens.
- Top with ½ Tbsp ground flaxseed or chia seeds.
- Drizzle with the remainder of the olive oil.
- Top with parsley or dill (optional).

Serving Suggestion

Enjoy warm for lunch or dinner. This dish balances **warming roasted vegetables** with the **fresh crunch of apple**, perfect for the seasonal shift in September.