

Roasted Butternut Squash and Quinoa Bowls with Maple-Tahini Dressing

The recipe and photography for this post was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep time: 10 minutes

Cook time: 35 minutes

Total time: 45 minutes

Serves: 4

Ingredients

For the Squash Bowls

- 1 small butternut squash (about 2 pounds), peeled and cubed
- 2 tablespoons avocado oil or olive oil
- 2 teaspoons Spice Islands Garam Masala Seasoning
- 1 cup tri-color quinoa, uncooked
- 5-ounce container baby kale
- ¼ cup salted pepitas
- ¼ cup dried cranberries

For the Dressing

- ⅓ cup tahini
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 2-4 tablespoons water
- ¼ teaspoon sea salt, more to taste

Directions

1. Preheat oven to 425°F. Place cubed butternut squash on a half sheet pan. Drizzle with oil and sprinkle with Garam Masala seasoning; toss well to coat. Roast in preheated oven for 35-40 minutes, or until tender.
2. Bring 1 ½ cups water and a pinch of salt to boil in a small saucepan. Add quinoa, return to a boil, then cover and reduce heat to low. Simmer over low heat for 15 minutes, then remove from heat and allow to stand, covered, for 5 minutes; fluff with a fork.
3. To make the dressing, whisk together the tahini, vinegar and maple syrup in a small dish. Add water, 1 tablespoon at a time, until desired consistency is reached. Season with salt.
4. To assemble bowls, line a wide shallow bowl with baby kale. Top with quinoa, butternut squash, pepitas and dried cranberries; toss with dressing and serve right away.

