

# A JOCK'S GUIDE

## Butternut Squash, Quinoa and Spinach

Source: [www.cookingchanneltv.com](http://www.cookingchanneltv.com)

Adapted by A.J.G.

### Ingredients:

- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 medium leek, white & light green parts only, cleaned and thinly sliced
- 2 cups reduced-sodium [vegetable broth](#)
- 2 cups butternut squash peeled, diced \*\*
- 1 cup quinoa
- 1/3 cup golden raisins \*\*
- 2 cups spinach
- 2 tbsp. chopped walnuts

*\* See Game Day Strategies for ingredients substitutions and FODMAP friendly alternatives!*

### Directions:

1. Heat the oil in a large [saucepan](#) over medium-high heat.
2. Add the garlic and [leeks](#) and cook, stirring occasionally, until softened, about 5 minutes.
3. Add the broth, squash, quinoa and [raisins](#) and bring to a boil.
4. Reduce the heat and [simmer](#), covered, until the liquid is absorbed and the squash and [quinoa](#) are tender, 15 to 20 minutes.
5. Gently stir in the spinach and cook until it just begins to wilt, 2 to 3 minutes. Remove from the heat.
6. Sprinkle with the [walnuts](#).

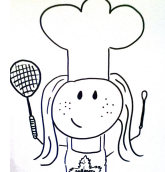
### GAME DAY STRATEGIES

\* I used ACORN squash instead – YUM!

\* Use crushed pecans and cashews instead of walnuts if you don't have them

\* sprinkle with sea salt and pepper

\*FODMAP friendly? Exclude garlic, leeks and raisins ☺



<http://www.ajocksguide.com>



[info@ajocksguide.com](mailto:info@ajocksguide.com)