

RECIPE | PEPPERS



SAUTÉED SQUASH AND QUINOA SALAD



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INGREDIENTS

8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers, diced

4 cups baby arugula

1 lb butternut squash, peeled & diced

½ cup quinoa, cooked to packaged directions

¼ cup olive oil, divided

¼ cup almonds, roasted & chopped

3 tbsp apple cider vinegar

3 tbsp tahini

2 tbsp Italian parsley, chopped

1 tsp honey

¼ tsp smoked paprika

Salt & pepper, to taste

DIRECTIONS

- 1 Heat 2 tablespoons olive oil in a large frying pan over medium-high. Add squash and sauté for 8 min or until squash is browned and tender. Add smoked paprika and salt to taste and sauté 1 min longer.
- 2 Combine vinegar, tahini, honey and remaining olive oil in a bowl and whisk until uniform. Season with salt and pepper to taste.
- 3 Place arugula in a serving dish and top with quinoa. Spoon over ½ of dressing and toss to combine.
- 4 Add peppers, squash, parsley, and almonds, and drizzle with the remaining dressing.

Pro Tip: Halve the butternut squash and peppers and cook them to perfection on the BBQ. Once cooked, chop them up into bite-sized pieces and add to salad.



25 min

5 min
PREP.

20 min
COOKING



6



easy