

CO-OP MEALS  
*Dinner in 30*

## Tahini-glazed squash & quinoa

Serves 4

### Shopping List:

- 1 or 2 delicata squash
- 1 cup organic tri-color quinoa (bin no. 32144)
- Organic roasted tahini
- 1 lemon

### Pantry items:

- 4 tablespoons high-heat oil (such as canola, sunflower, safflower, coconut, or ghee)
- 1 teaspoon turmeric
- ½ teaspoon salt
- Pepper, to taste
- 2 cups, plus 2 tablespoons water, divided
- 1 clove garlic
- Za'atar, to taste

### Prep:

Preheat oven to 400°F.

Pierce squash skin with a fork 5-6 times. Microwave for 3 minutes or more, depending on the strength of the machine (squash should cut easily when you attempt to slice in half length-wise). If not, consider microwaving for additional 1-2 minutes.

Cut the squash in half lengthwise and remove seeds. Cut each side into ½ inch slices and set aside. Rinse quinoa in a fine mesh strainer and set aside.

### Cook:

Add oil to a large bowl. Add turmeric, salt, pepper, and squash to the bowl and mix thoroughly to coat.

Spread squash in a single layer on a parchment-lined baking sheet and cook for 20-25 minutes, or until tender.

Meanwhile, combine quinoa and 2 cups water in a covered sauce pan. Bring to a boil and reduce to simmer for 15 minutes. Make tahini sauce (over for instructions).

Layer quinoa and squash, top with tahini drizzle and sprinkle of za'atar to serve.

## Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

### • To make the tahini sauce:

Crush the clove of garlic. Combine with 2 tablespoons freshly squeezed lemon juice, ¼ cup tahini, and 2 tablespoons water. Whisk until combined, adding more water 1 tablespoon at a time as needed to reach a honey-like consistency.

Store leftover sauce in the fridge. Allow sauce to come to room temperature prior to using after refrigeration, as tahini will solidify.

### • Improvise!

Serve this recipe atop a bed of greens to make more servings.

Add pomegranate seeds, dried fruit, roasted pistachios or pine nuts.

Roast pressed and sliced tofu at the same time as the squash for extra protein. Follow squash prep and cook on its own cookie sheet.



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