



NIGHT AND DAY Serve iron-rich quinoa pie (top) as part of the Thanksgiving menu—or with a green salad anytime. A poached egg on baked yogurt (above) is a high-protein breakfast.

QUINOA PIE WITH BUTTERNUT SQUASH

SERVES 8

- 1 tablespoon extra-virgin olive oil
- 1 butternut squash (about 1½ pounds), peeled, halved crosswise, and seeded
- 18 fresh sage leaves, plus 1 teaspoon finely chopped sage
- ½ onion, cut into ¼-inch dice (about ¾ cup)
- 1 garlic clove, minced
- 1 cup quinoa
- 2 cups homemade or low-sodium store-bought vegetable stock
- 1½ ounces Parmesan cheese, finely grated
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground pepper
- Vegetable oil cooking spray

1. Preheat oven to 375°. Brush 2 rimmed baking sheets with 1 teaspoon oil. Cut five ¼-inch-thick rings of squash; cut remainder into ¼-inch dice. Place squash on sheets. Toss with 1 teaspoon oil; sprinkle with 12 sage leaves. Bake until tender and just golden, 15 to 20 minutes. Let cool completely. Keep oven on.
2. Heat remaining teaspoon oil in a medium saucepan over medium heat. Add onion and garlic. Cook, stirring, until translucent, 3 to 5 minutes. Add quinoa and stock; bring to a boil. Cover; reduce heat. Simmer until liquid has been absorbed, about 15 minutes. Remove from heat. Let stand, covered, 2 minutes.
3. Stir together quinoa, diced squash, chopped sage, Parmesan, salt, and pepper in a medium bowl.
4. Coat a 9-inch glass pie plate with cooking spray. Arrange 6 sage leaves face down in plate; top with squash rings. Press quinoa mixture on top.
5. Bake 20 minutes. Let cool 5 minutes, then invert onto a serving platter. Serve wedges warm or at room temperature.

per serving:

174 calories **1 g saturated fat**
3 g unsaturated fat 5 mg cholesterol
23 g carbohydrate **298 mg sodium**
3 g fiber 6 g protein