

Enjoy Cooking Together



The Indigenous Peoples Workgroup of Oregon State University Extension Service, in partnership with Chef Nephi Craig, are proud to share his recipe with you.



- Wash hands with soap and water before handling food.
- Always refrigerate leftovers within 2 hours.

Stovetop Quinoa

Makes 3 cups

Prep time: 5 minutes

Cook time: 25 minutes

Ingredients

- 1 cup **quinoa** (if not pre-rinsed, rinse well using a fine-mesh strainer)
- 2 cups **water**
- ¼ teaspoon **salt** (optional)

Directions

1. In a saucepan, bring water to a boil. Add quinoa and salt, if desired, and return the mixture to a boil.
2. Reduce heat to low, cover pan and simmer for 12 minutes.
3. Turn off heat and let stand until water is absorbed and quinoa has the texture you like, about 5 to 10 minutes.

Notes

- No strainer? Use a clean coffee filter.
- For a roasted flavor, toast the grains in the saucepan. Stir the grains around at medium heat for a few minutes before adding liquid.

Herbed Yogurt Sauce

Makes about 2½ cups

Prep time: 10 minutes

Ingredients

- 2 cups low-fat **plain Greek yogurt**
- 2 Tablespoons **olive oil**
- 2 Tablespoons **agave syrup**
- 2 Tablespoons chopped **parsley**
- 1 Tablespoon chopped **mint**
- 1 Tablespoon chopped **cilantro**
- 1 dash *each* **salt** and **pepper**

Directions

1. In a medium bowl, combine all ingredients.
2. Chill until ready to serve.



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Harissa Roasted Butternut Squash

Makes 6 cups

Prep time: 25 minutes

Cook time: 20 minutes

Ingredients

- 1 medium **butternut squash** (about 3 pounds)
- 2 Tablespoons **olive oil**
- 2 Tablespoons **harissa spice mix**, divided
- 2 Tablespoons **agave syrup**
- 1 Tablespoon **lemon juice**
- 2 Tablespoons toasted **pumpkin seeds** (see **Note**)
- 1 Tablespoon toasted **pine nuts** (optional)
- 1 Tablespoon *each* torn **mint** and **cilantro**

Directions

1. Preheat oven to 400 degrees F.
2. Peel squash, cut in half above the rounded end and cut each piece in half lengthwise. Scoop out seeds and cut into 1-inch pieces.
3. In a large bowl, stir together the squash, oil and 1 Tablespoon harissa until the squash is evenly coated.
4. Pour squash onto a rimmed baking sheet. Roast until edges begin to brown and pieces are soft when pricked with a fork, about 20 minutes. When done, stir in ½ to 1 Tablespoon harissa (use less for a milder flavor).
5. On a large dish, spread the yogurt sauce to form a shallow bowl. Add warm quinoa to the center and top with roasted squash.
6. Before serving, drizzle with agave and lemon juice. Sprinkle with seeds and nuts, if desired, and top with herbs.

Note

- Toast seeds and nuts in a small skillet over medium heat. Stir often until they turn light brown and remove from heat to cool.