

Indian Spiced Butternut Squash Tri-Colored Quinoa Salad

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-salad-recipe-indian-style>

Ingredients:

- 2 1/2 cups quinoa tri-colored, cooked and cooled
- 3 cups butternut squash cubed
- 2 teaspoons olive oil
- 1 teaspoon mustard seed black
- 1/2 teaspoon red pepper flakes – adjust according to your heat tolerance
- 1 teaspoon Madras curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 2 teaspoons honey
- 1/2 cup chopped fresh cilantro
- 1/4 cup unsalted roasted cashews chopped

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 87 grams
3. Fat: 13 grams
4. Fiber: 10 grams
5. Protein: 18 grams
6. SaturatedFat: 2 grams
7. Sodium: 15 milligrams
8. Sugar: 6 grams

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