



Autumn vegetable and grain sauté
RECIPE

Autumn vegetable and grain sauté



COOK TIME 15 min
PREP TIME 15 min
MAKES 8 servings

Here's an easy way to enjoy the fresh flavors of the fall season! This delicious combination of butternut squash, parsnips, cranberries and whole grains will warm you up when the autumn winds begin to blow.

INGREDIENTS

- 1 package of SEEDS OF CHANGE™ Organic Seven Whole Grains
- 2 cups butternut squash, peeled, seeded and cut into 1/2" pieces
- 1 Tbsp. fresh sage, chopped
- 1/8 tsp. pepper
- 2 Tbsp. butter
- 2 medium parsnips, peeled and cut into 1/4 slices
- 1/2 cup onion, chopped
- 1/2 cup chicken broth, reduced sodium
- 1/4 tsp. salt
- 1/4 cup dried cranberries

DIRECTIONS

1. In 10-inch skillet, melt butter over medium-high heat. Add squash, parsnips and onion. Sauté ingredients in skillet for 1 minute.
2. Add broth, sage, salt and pepper. Heat to boiling. Cover, reduce heat to medium. Cook 10–12 minutes or until squash is almost tender.
3. Stir in SEEDS OF CHANGE™ Organic Seven Whole Grains and cranberries. Cook and stir 2 minutes longer or until broth is absorbed and rice is heated through. Remove from heat and plate with garnish.

NUTRITION INFO

Column 1	Column 2
Servings	8
Calories (per serving)	110
Total Fat	3.5g
Saturated Fat	2g
Trans Fat	0g
Total Fat % DV	4%
Saturated Fat % DV	10%
Trans Fat % DV	0%
Cholesterol	10mg
Cholesterol % DV	3%
Sodium	105mg
Sodium % DV	5%
Total Carbohydrate	19g
Dietary Fiber	2g
Sugars	6g
Total Carbohydrates % DV	7%
Dietary Fiber % DV	7%
Protein	2g

You might also love...



[Creamy roasted cauliflower & whole grains soup](#)

Cook time

30 min

Prep time

30 min



Mushroom & quinoa stuffed pumpkins

Cook time

35 min

Prep time

10 min



Roasted brussels sprouts with whole grains and fruit

Cook time

20 min

Prep time

10 min



Smoky almond orange salad

Cook time

0 min

Prep time

15 min

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