

Foodnity Recipes

Meatless Fall Dinners: Cozy & Healthy Recipes

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 medium butternut squash, peeled and cubed
- [ ] 2 sweet potatoes, peeled and diced
- [ ] 1 cup quinoa, rinsed
- [ ] 1 apple, diced
- [ ] 1 onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 cups vegetable broth
- [ ] 1 can (15 oz) chickpeas, drained and rinsed
- [ ] 1 tbsp olive oil
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp cinnamon
- [ ] Salt and pepper to taste

For Garnish

- [ ] Fresh parsley, chopped
- [ ] Toasted pumpkin seeds
- [ ] Plain yogurt or cashew cream
- [ ] Lemon wedges

Instructions

1. Preheat your oven to 400°F (200°C). Toss the butternut squash and sweet potatoes with olive oil, cumin, smoked paprika, cinnamon, salt, and pepper. Spread them on a baking sheet and roast for 25-30 minutes, until tender and caramelized.
2. While the vegetables roast, cook the quinoa according to package instructions, using vegetable broth instead of water for extra flavor.
3. In a large skillet, heat a bit of olive oil over medium heat. Sauté the onion and garlic until soft and fragrant, about 5 minutes. Add the diced apple and cook for another 2-3 minutes.
4. Add the chickpeas to the skillet and warm through. Stir in the roasted vegetables and cooked quinoa. Taste and adjust seasoning if needed.
5. Serve the warm grain bowl topped with fresh parsley, toasted pumpkin seeds, a dollop of yogurt, and a squeeze of lemon.

Nutrition per serving

380 kcal	12 g	68 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra protein, add a handful of spinach or kale to the skillet when warming the chickpeas.
- If you prefer a creamier texture, blend half of the roasted squash with a bit of broth before mixing it into the bowl.
- This recipe is easily customizable—swap in your favorite fall vegetables or grains.