



**NIBLACK  
FOODS**

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## “Curried Pumpkin with Caramelized Onions Served with Quinoa”

### ***Ingredients:***

3-4 Tablespoons Saica Extra-virgin olive oil  
3 Tablespoons Spriana Balsamic Vinegar  
3 large onions, chopped medium  
5 cups (1/2-inch) diced sugar pumpkin  
2 tablespoons garam masala  
Pinch crushed red pepper flakes  
1 1/2 cups chicken or vegetable stock  
1 bunch finely chopped chives  
1/2-cup Niblack Foods roasted pumpkin seeds  
Spriana Finishing Sea Salt to taste!  
2 cups Niblack Foods Quinoa white, red, black or combine!

### ***Instructions:***

Preheat oven 350. Toss diced pumpkin with balsamic and oil. put in oven and roast till cooked through, but not mush. about 20 mins

Coat a large wide pot with olive oil and put over medium heat. Add the onions, cover and let the onions wilt about 7 to 8 minutes. Remove the lid, add more oil, and cook until they get very brown and caramelized, do NOT rush this. Cook low and slow, about 30 to 40 minutes, stirring occasionally.

Cook Quinoa to package directions. So simple just boil with stock approx, 12 mins. Season quinoa with garam masala, pepper flakes and sea salt.

Combine all on platter, sprinkle with chopped chives and pumpkin seeds and serve!  
Add More Salt to Taste!

***Enjoy, Meg***

***Meg at The Market***

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