



Quinoa with veggies

Filling and flavorful, this plant-based recipe is great for either a side dish or for your entire meal! The veggies can also be changed to your liking.

Ingredients	Directions
<ul style="list-style-type: none">- 1 cup quinoa- 3 cups water- Pinch of salt- 3 tablespoons extra virgin olive oil- 3 cloves garlic, minced- 1 red bell pepper, chopped- 1/2 cup corn kernels- 1/2 teaspoon cumin- 1 teaspoon dried oregano- 2 green onions, chopped	<ol style="list-style-type: none">1. In a saucepan, bring the quinoa, water, and 1 pinch of salt to a boil. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 20 minutes. Once done, drain with strainer, and set aside.2. Meanwhile, heat the olive oil in a saucepan over medium heat. Stir in the garlic and cook until the garlic softens, and the aroma mingles, about 2 minutes.3. Add the red pepper, and corn; continue cooking until the pepper softens, about 5 minutes.4. Season with cumin, oregano, salt, and pepper, and cook for 1 minute more, then stir in the cooked quinoa and green onions. Serve hot or cold.

Recipe adapted from All Recipes