

Recipe of the week

April 9, 2018



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

- 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

Directions

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 mellows, 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