

Quinoa and Vegetables

(Makes four 1-cup servings)
(V) – This recipe is a vegan option recipe!

This subtly spicy dish offers a wide variety of phytonutrients that can positively impact your health.

Ingredients:

- 1 cup quinoa
- 2 cups low-sodium vegetable broth, divided
- 2 tablespoons extra virgin olive oil
- 1 onion, finely chopped
- 1 cup celery, finely chopped
- 2 medium carrots, chopped
- 1 teaspoon ground coriander
- ½ teaspoon paprika
- ½ teaspoon dried ginger
- ½ teaspoon ground cumin
- ¼ teaspoon turmeric
- Pinch cayenne pepper
- ½ teaspoon kosher salt
- 2 small zucchini, chopped
- ¼ cup golden raisins
- ¼ cup minced fresh parsley or cilantro
- Fresh ground pepper to taste
- 1 clove of crushed garlic

Directions:

- 1) Place quinoa in a strainer and rinse under running water until the water runs clear.
- 2) In a medium pot, combine the quinoa and 1 ¼ cup vegetable broth and bring to a boil. Reduce heat, cover and cook for 25 minutes or until the liquid is completely absorbed.
- 3) In a medium saucepan, heat olive oil over medium-high heat.
- 4) Add onion and crushed garlic; cook until golden brown, stirring occasionally.
- 5) Add celery, carrots, spices (except parsley and cilantro), salt and ¼ cup vegetable broth. Simmer for 5 minutes.
- 6) Add zucchini and raisins. Cook for 1 minute. Add additional ¼ cup vegetable broth if too dry.
- 7) Toss quinoa and ¼ cup vegetable broth with vegetables and stir until evenly mixed.
- 8) Add fresh parsley or cilantro if desired. Season with salt and pepper to taste. Serve.

Nutritional Analysis: (per serving / 1 cup)

- Calories: 330
- Total Fat: 10 g
- Saturated Fat: 1.5 g
- Trans Fat: 0 g
- Protein: 9 g
- Carbohydrates: 52 g
- Dietary Fiber: 9 g
- Cholesterol: 0 mg
- Sodium: 390 mg
- Sugars: 18 g

Source:

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