

Quinoa With Cauliflower and Broccoli

Ingredients:

- 1 tablespoons extra virgin olive oil
- 2 cups cauliflower florets
- 1 medium green bell pepper, sliced
- 1 medium red bell pepper, sliced
- 1 cup chopped onion, divided
- 3 cloves garlic
- 1 tablespoon minced thyme
- 1 tablespoon minced oregano
- 1 cup quinoa
- 2 cups water

Directions:

1. In skillet, heat 2 teaspoons olive oil over medium-high heat.
2. Add cauliflower, broccoli, peppers, 1/2 of the cup onion and garlic. Sauté 5 minutes until vegetables start to soften.
3. Stir in herbs and sauté 2 minutes. Remove from stovetop and set aside.
4. In strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
5. In medium saucepan, heat remaining teaspoon oil over medium-high heat.
6. Add remaining onion. Sauté about 3 to 4 minutes.
7. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 20 minutes.
8. Gently stir in vegetable mixture and combine well with quinoa. Season with salt and pepper to taste.

Nutrition Facts

Serving Size (173g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g

Vitamin A 25% • Vitamin C 110%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: aicr.org

