

Quinoa and Veggies

¾ cup quinoa
1 ½ cups of water
1 cup corn (optional)
1 cup of onion – diced
3 cloves of garlic – minced
1 cup bell peppers (red, yellow, green – whichever you prefer)
2 cups of zucchini or squash – diced
28 oz can of diced tomato
3 tablespoons of olive oil
1 tablespoon cilantro
1 tablespoon basil
Salt and pepper (to taste)

- Rinse the quinoa REALLY WELL under cool water before cooking. To do this put the quinoa into a fine mesh strainer and mix while you rinse. Do this for several minutes. This step is crucial to the dish, as quinoa can be very bitter if it is not rinsed thoroughly. (You want to remove the bitter coating of saponin that quinoa sometimes has).
- Bring the 1 ½ cups of water to a boil. Once boiling, add the quinoa, and turn down the heat to low. Allow to simmer with the lid on for about 15-20 minutes.
- Saute the onions and garlic in olive oil. Add the bell peppers, zucchini, diced tomato, and salt and pepper. Simmer for a few minutes. Add the corn, cilantro, and basil. Continue to simmer until the vegetables are tender.
- Spoon the vegetable mixture over the quinoa, and serve.