



FAB RECIPE – WEEK OF 29 JANUARY 2012

Chef Meg's Simple Quinoa and Vegetables



This protein-rich vegetarian recipe is simple to make and tasty to eat!

Minutes to Prepare: 5

Minutes to Cook: 12

Number of Servings: 4

Ingredients

1 c quinoa
2 c water
4 medium carrots
1 zucchini
8 spears of fresh asparagus
1 T rice wine vinegar
2 T olive oil
1 t fresh thyme, leaves removed from stem
black pepper to taste

Directions

Place water in a small covered saucepan. Bring to a boil. Add quinoa and stir. Reduce heat to a simmer and replace lid. Simmer for 11-12 minutes, or until water is absorbed. Using a "Y" shaped peeler, peel the carrots and zucchini into strips. Snap the woody ends off the asparagus. Cut the asparagus into 2-inch sections. Steam the vegetables for 3-4 minutes.

Meanwhile, prepare the vinaigrette. Place the vinegar and thyme in a small bowl, then whisk in the oil. Once the quinoa is cooked, fluff it with a fork.

Place 1/2 cup of quinoa on each plate. Arrange a quarter of the vegetables over the quinoa and top with about 2 teaspoons of the vinaigrette.

Recipe submitted by SparkPeople user CHEF_MEG.