FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.

Rainbow Quinoa *

Recipe Summary:

Preparation Time: 45 minutes
Number of Servings: 4
Calories per Serving: ~200

Ingredients:

1 cup quinoa
2 cups water
1 tsp vegetable bouillon (or 1 cube)
1 red onion
4 orange carrots
2 green zucchini
2 yellow Italian squash
1 small purple eggplant
1 carton mushrooms
½ bunch kale
2 tsp garlic crushed
1 tbsp oil

Directions:

STEP 1: Quinoa Preparation

Add quinoa, water, and bouillon to pot. Bring to boil. Reduce to low simmer. Cover. Let cook until water is absorbed. About 12-15 minutes. Spoon into 4 bowls.

STEP 2: Vegetables

Dice all vegetables.
Add garlic in large sauté pan with oil. Cook for 30 sec.
Add all vegetables. Cook on medium low tightly covered for 15 minutes, until vegetables are tender. (vegetables will create their own sauce)
Divide evenly over quinoa.

STEP 3: Toppings

Eat as is, or add slivered almonds, and/or salsa, or garlic chili sauce, and/or fresh herbs.

Variations: The vegetables in the basic mix are colorful, cheap and always in season. Add seasonal vegetables to this mix when they are cheap, abundant, and at their best.

This stores very well. Make a batch on the weekend, place in to 4 to go containers and bring one in for lunch. This is just as good at room temperature as it is reheated for 1 minute in the microwave.

* Original recipe

Nutritionist Notes:

- Low in saturated fat
- Low in sodium
- High in fiber
- High in manganese
- High in magnesium
- High in phosphorous
- High in potassium
- High in Vitamin A
- High in Vitamin B6
- High in Vitamin C