



Quinoa & Bell Pepper Salad:

Recipe Credit: Breakfast, Lunch, Tea by Rose Carrarini

*GF: This dish is gluten free

Ingredients:

- 1 cup quinoa* (red, plain or a mixture)
- Salt & ground black pepper to taste
- 4 T extra virgin olive oil
- 1 red, 1 green, & 1 yellow bell pepper (diced)
- 2 medium yellow onions (diced)
- 1 zucchini (diced)
- 2 cloves garlic (minced & crushed)
- 1 dried red bell pepper (crushed) you could also use ½ t crushed red pepper flakes or more if you want your end product a bit spicier
- Pinch of ground cumin (optional)
- Dash of lemon juice (optional)
- Chopped fresh parsley or cilantro for garnish



Directions:

- ✓ Put the quinoa in a saucepan with 2 cups water and a pinch of salt. Bring to a boil, then turn heat down to simmer and cook for about 15 minutes until the quinoa is soft and the water has been absorbed. Set aside
- ✓ To make the sauce, heat the oil in a saucepan and cook the peppers, onions and zucchini over medium heat with a pinch of each salt and black pepper. Add the garlic and dried red pepper. Cook, stirring occasionally, until the mixture just begins to soften. Check the seasoning and add cumin and/or lemon juice if you wish.
- ✓ 3. Pour the sauce into the quinoa and mix well. Garnish with parsley or cilantro and serve warm or at room temperature.

**Ingredient Note: Quinoa is an ancient whole grain from South America. It is gluten-free, high in protein, and a wonderful source of vitamins and minerals. It can be found in the rice or pasta aisle of most markets (packaged in a box or bag) or if your market has a bulk section, it can be found with other bulk grains.*

Variation:

- ✓ For a southwestern flavored dish with some added protein, use canola oil instead of olive oil, add 1 T cumin, and 1 t chili powder to the onion mixture. Toss with 1/2 can rinsed black beans and 1/2 can rinsed garbanzo beans.

