

October

Recipe of the Month



Quinoa, cremini mushrooms, zucchini, kale, grape tomatoes, herbs de Provence.

Did you know?

Quinoa is rich in fiber and antioxidants

Quinoa Pilaf

Ingredients:

- 2 cups cooked quinoa
- 2 cups sliced cremini mushrooms
- 1 cup zucchini, halved and sliced
- 1/2 cup chopped onion
- 2 Tbsp. olive oil
- 2 cups baby kale or torn spinach
- 1 cup grape tomatoes, halved
- 1/2 tsp. herbes de Provence, crushed
- 1/2 tsp salt
- 1/4 tsp. black pepper

Directions:

1. In a skillet, heat oil over medium-high heat. Cook the onions 2-3 minutes, until they start to brown and become tender. Add the mushrooms and zucchini and cook for 5 minutes until tender.
2. Stir in baby kale or spinach, tomatoes, herbes de Provence, salt and pepper. Cook until the kale (spinach) wilts.
3. Stir in the cooked quinoa and mix until combined.

Enjoy!