



QUINOA WITH OVEN ROASTED VEGETABLES

Makes 2-3 servings

Ingredients:

- 1/2 yellow bell pepper, seeds removed, sliced into 1/4" strips
- 1/2 green bell pepper, seeds removed, sliced into 1/4" strips
- 6 button mushrooms, sliced into quarters
- 6 baby carrots, sliced into quarters
- 1 package (a handful) of broccolini
- 1/4 tsp garlic powder
- kosher salt
- fresh ground pepper
- 1 cup uncooked quinoa, cooked in 2 cups of water and 1/2 tbsp of butter
- extra virgin olive oil

Preparation:

1. Set your oven to "Broil".
2. Put the bell pepper strips on a oven-safe pan. Drizzle with olive oil and sprinkle with a pinch of salt of fresh ground pepper. Toss them together so that the strips are coated with oil. Broil for 5 minutes.
3. Take the pan out of the oven. Add the mushrooms and carrots. Add more olive oil and toss. Broil for 2 minutes.
4. Take the pan out of the oven. Add the broccolini. Toss with with the other vegetables. Sprinkle with salt and pepper. Broil for 2 minutes.
5. Once you're done roasting the veggies, toss them together again.
6. In a big bowl, toss the cooked quinoa with 1/4 tsp garlic powder.
7. Place quinoa on a serving plate and top with the roasted vegetables. Enjoy your healthy dinner!

Tips for Cooking Quinoa:

1. Rinse it thoroughly in warm to hot water, at least 3 times to get rid of the bitter flavor/stuff/coating.
2. Add half a tablespoon of 'butter' (we use Earth Balance Buttery Spread) for every cup of quinoa.
3. Cook using one part quinoa to two parts water. You can use a rice cooker to cook it, but take it out before the it says "cooked" because it will be burnt as it cooks faster than white rice.
4. Fluff it with a fork once you take it out of the heat and leave it without cover for 5 minutes.

Happy eating!

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