

Kingly Quinoa with Roasted Broccoli and Scallions - GF, SF, CF, VEG

Comments:

Beneficial properties of quinoa: A complete protein containing all nine essential amino acids. A good source of iron, magnesium, manganese-which guards red blood cells from damaging free radicals, B2 essential for energy production in our cells and may fight migraines and tryptophan, essential for human nutrition as the our bodies cannot produce this amino acid on our own, known help promote sleep and relieve anxiety

Ingredients:

1.5 cups quinoa, rinsed and soaked overnight if desired
3 cups chicken or vegetable broth or water
pinch of sea salt
2 tbsp olive oil divided
1 tbsp sesame seeds
1 bunch broccoli chopped
3 scallions white and green part chopped
1 small red onion chopped into sizeable chunks

Directions:

Preheat oven to 350 F. In a bowl combine chopped red onion and broccoli with 1 tbs olive oil and toss to coat. Sprinkle with salt and place in shallow roasting dish to bake for 35-40 minutes or until broccoli is browned and tender. Meanwhile place quinoa and water or broth in a pot with remaining tbs olive oil and bring to a boil. Reduce heat to low and simmer 15-20 minutes. 10 minutes before broccoli is done add chopped scallion and sesame seed to roasting pan. Remove vegetables from oven and mix into quinoa. Add salt to taste. May be served warm immediately or as a chilled salad. This is great topped with the guacamole recipe!

Submitted by: Kaela 08/09