



***Recipe for-***

**Easy Veggie Recipes: Quinoa, Roasted Veggies and Fresh Herb Salad**

Quinoa is a seed that is packed with protein! Pair it with roasted veggies and fresh herbs for a delicious and nutrition meal or side dish for your family.

**Ingredients:**

1 cup Quinoa  
2 cups water  
½ teaspoon salt  
2 cups fresh green beans, chopped  
1 onion, chopped  
1 sweet red pepper, seeded and chopped  
1 small head broccoli, chopped  
2 tablespoons olive oil  
¼ cup fresh chives, chopped  
¼ cup fresh parsley, chopped  
¼ cup fresh basil, chopped  
Sprinkle of salt & pepper

**Preparation steps:**

Combine Quinoa, water and ½ teaspoon salt in covered saucepan. Bring to a boil, then simmer for 15 minutes, or until all water is absorbed. Set aside to cool.

Rinse green beans, red pepper, & broccoli, then chop into 1” pieces. Chop onion. Place the veggies on a baking sheet, toss with olive oil and a sprinkle of salt & pepper. Roast in hot oven 425 degrees for 15 minutes, or until the veggies are tender crisp. Set aside to cool.

Rinse, pat-dry, then chop: chives, parsley & basil. Then add cooled Quinoa, roasted veggies, toss together until well blended.

Serve this dish as a light main entrée or side dish!