



Creative Juices
Consulting

Mediterranean Quinoa

Quinoa

2 Tbsp olive oil
2 cloves minced garlic
2 cups quinoa
1 all-natural Rapunzel veggie bouillon cube (or substitute prepared low sodium veggie stock for the water)
3 cups boiling water

Sautéed Veggies

2 Tbsp olive oil
1 clove minced garlic
2 yellow squash, unpeeled, cut in ½ length wise and sliced
1 large yellow bell pepper, cut in ½ and sliced
½ red onion, quartered and separated
½ to 1 tsp fresh ground pink Himalayan rock salt
1 tsp fresh ground black pepper
1 tsp turmeric
1 dash ground cayenne
1 Tbsp Fresh oregano

Add In

1 can garbanzo beans, rinsed
¼ cup walnut pieces
Black Kalamata olives to taste
½ cup feta cheese
Fresh oregano to taste
Parmesan cheese

Prepare the quinoa. Heat the olive oil over medium heat and add the minced garlic. Stir until fragrant but not browned, add in the bouillon and quinoa and stir to coat. Add the boiling water, slightly increase the temp and bring to a slight boil. Reduce the heat to low, cover and simmer 15 minutes or until the liquid is absorbed. Remove from the heat and set aside.

Prepare the sautéed veggies. Heat the olive oil and garlic over medium heat until fragrant. Add in the all the veggies and sauté until they start to soften. Add salt, pepper, turmeric, and cayenne. Veggies should be al dente and retain their vibrant color. Add the fresh oregano at the end, just before the veggies come off the heat.

Combine the quinoa and the sautéed veggies. Add in the garbanzo beans, walnuts and Kalamata olives and stir. Sprinkle the feta cheese, fresh oregano and parmesan on top and serve.

Mixed Asian mushrooms and Swiss chard would be a great addition to this dish and can be sautéed along with the other veggies.