



Quinoa Vegetable Skillet

(Alkaline & 1st Column Lowest Acid)

Modified from YourChoiceNutrition.Com

Prep Time: 10 mins

Cook Time: 35 mins

Total Time: 45 mins

Yield: 6 servings

Ingredients

- 1 cup Quinoa uncooked (can substitute **Millet** , Japonica Rice or Wild Rice)
- 1/2 large onion, minced
- 6 garlic cloves, minced
- 1 Tablespoon olive oil
- 1 large red bell pepper, diced
- 1 large orange bell pepper, diced
- 3 small/medium **zucchini**s, diced
- 1 bunch broccoli, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 ¾ cups water
- 1 teaspoon dried parsley
- 1 teaspoon dried basil

Instructions

1. Start by first toasting the quinoa (or millet): In a large dry skillet, toast the uncooked quinoa over medium heat for 4-5 minutes or until it turns golden brown and you can start smell the nutty fragrance of the grains. Do not overcook or let them burn. Remove from skillet and set aside.
2. In the same, skillet heat the olive oil, onion, and garlic over medium heat. Sauté for 4-5 minutes, stirring frequently. Add bell peppers, zucchini, broccoli, and carrots, continue cooking for 5 additional minutes. Stir in salt, pepper, quinoa and water. Bring to a full boil, cover with a lid, reduce heat and let simmer for about 10 minutes.
3. Stir in parsley and basil. Remove from heat, cover with a lid and let sit for 10 more minutes or until liquid is fully absorbed. Serve hot.