

Quinoa & Vegetables

Recipe by: Ingrid Ryst



“Quinoa is a great source of protein and combined with vegetables makes a light, healthy meal.”

INGREDIENTS

1 cup quinoa	1 ¼ cups water	4 tbsp extra virgin olive oil
1 medium yellow onion, diced		2 cups green cabbage, chopped
½ cup broccoli	1 2” piece ginger root	2 garlic cloves, minced
½ tsp rosemary	½ tsp thyme leaves	1 tsp salt
1 cup frozen peas and carrots, thawed		¼ flaxseed oil

(Instructions on back)

 **Saint Mary's**
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Barbara's Spicy Tofu & Kale Dish

Recipe by: Barbara Hunt



“I invented it (and am not a cook!) It's easy, tasty, healthy, and low calorie.”

INGREDIENTS

6-7 oz extra firm tofu	1-16 oz. can diced tomatoes with green chile
1 cup water	¾ medium onion, chopped
3 large garlic cloves, chopped	1 cup mushrooms, sliced
1 large bunch kale, leaves torn	salt and lemon juice (to taste)

(Instructions on back)

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INSTRUCTIONS

Wash and rinse quinoa. Bring water to a boil and add quinoa, simmering until all water evaporates (12-15 mins). Remove quinoa from heat and cool in a large bowl.

On medium heat, warm skillet and coat with olive oil. Sauté onions until slightly clear. Add cabbage, broccoli, ginger root, garlic, rosemary, thyme, and salt and sauté for another 6-7 minutes to wilt cabbage and lightly cook broccoli. Add peas and carrots during last 2 minutes of cooking.

Mix flaxseed oil into quinoa and fold into the contents of the skillet. Adjust salt as desired. Serve warm or chilled.

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Barbara's Spicy Tofu & Kale Dish

Recipe by: Barbara Hunt



INSTRUCTIONS

Place tofu, onion, garlic, water, and tomatoes with chile in a large sauce pan. Simmer for about 15 minutes. Add mushrooms and kale. Cover and simmer for another 15 minutes, careful not to overcook. Use a large spoon to mix ingredients in pan as kale shrinks. Note: At first it will make a large amount of "greenery" that you must carefully cover with pan liquid so none of the kale falls out of pan!

Optional: For a heartier dish, add ¼ cup kidney beans. For a spicier dish, season with more green chile or chili powder to taste.

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