

# QUINOA WITH GRILLED VEGGIES

## Ingredients:

- 2/3 cups Quinoa
- 3 cloves Garlic
- 1/2 tsp. Oregano
- 1 tsp. Thyme
- 4 tbsp. Olive Oil
- 1/2 tsp. Salt
- 1 tsp. Pepper
- 1 Bell Pepper
- 1 Red Onion
- 1 1/2 cups Mushrooms
- 1 Zucchini
- 1 Ear of Corn



## Directions:

1. Cook quinoa according to package
2. Peel and chop garlic
3. Wash, dry, and pluck oregano and thyme
4. Mix olive oil, garlic, thyme, oregano, salt, and pepper in a small bowl, then set aside
5. Wash & cut bell pepper, red onion, mushroom, and zucchini
6. Shuck and wash corn, then cut kernels off of the cob
7. Heat olive oil mixture in a pan on medium-high heat and add all vegetables, then cook for 15-20 minutes until tender
8. Combine quinoa & vegetables, then serve & enjoy!



**Cooking veggies on a grill (or grill pan) is another great way to enjoy this meal!** Lightly toss veggies in oil, then grill on each side for about 5 minutes.

## Tips & Tricks!



If you haven't tried quinoa before, you can **find it at HEB** in bags like these!