



Love your heart.

HEART-HEALTHY RECIPES

Warm Quinoa and Roasted Vegetables

Serves 3-4

Ingredients:

Quinoa:

¼ cup quinoa

¼ cup water

Veggies:

1 sweet potato, peeled and cut into cubes

½ cup brussel sprouts, cut in half

½ red onion, cut into chunks

A few sprigs of fresh thyme or ½ tsp dried thyme

Olive oil

Vinaigrette:

Juice of 1 lemon

1 clove of garlic, minced

1 tsp Dijon mustard

Pinch of sugar

Black pepper to taste

⅓ cup good quality olive oil

Instructions:

1. Cut all veggies.
2. Cook the quinoa. Using a medium saucepan, combine the quinoa with the water. Bring to a boil. Reduce heat to low and cover with lid. Cook for about 15 minutes or until most of the water is absorbed. When done set aside.
3. While the quinoa is cooking, place all of the cut vegetables on a large baking sheet and drizzle generously with olive oil. Stir around to get evenly coated and season with thyme. Roast in oven at 400° for about 30 minutes or until vegetables are tender.
4. Make the vinaigrette. In a small bowl, whisk lemon juice with garlic, mustard, sugar, salt and pepper. Whisk in oil and whisk until well combined.
5. When the veggies are tender and cooked through combine the veggies, quinoa and vinaigrette. Serve warm.