

# TRI-COLORED QUINOA

*With spinach, grilled Portobello mushrooms & onions*

**MAKES: 8 SERVINGS**

## VEGETABLES

- 2 Portobello mushrooms
- 2 red onion, sliced into rings
- 3 tablespoons olive oil
- Sea salt to taste
- 1/2 pound baby spinach

## QUINOA

- 2 cups tri-colored quinoa
- 1 teaspoon olive oil
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- 3 cups organic low-sodium chicken stock
- ½ teaspoon sea salt

## LEMON VINAIGRETTE

- 2 garlic cloves, minced
- 1 lemon, juiced
- ¼ cup olive oil
- Sea salt to taste

1. Preheat grill to 400°F.

2. Toss red onion and Portobello mushrooms together with half the olive oil and salt and place on grill until marked on each side and tender. Remove from the grill and cool. Dice vegetables into small pieces and set aside. Heat remaining olive oil in a large saute pan over medium-high heat. Add spinach and saute for a couple of minutes until wilted. Let cool and chop into smaller pieces and set aside.

3. Rinse quinoa in a mesh strainer under cold water several times and let drain. Heat a little olive oil in a saucepan over medium heat and toast quinoa for a couple minutes, stirring constantly, until golden brown. Add chicken stock with salt and olive oil to the saucepan and turn up to medium-high heat and bring to a rolling boil, reduce to simmer, cover and let cook for 15 minutes. Remove from heat and let sit for 5 minutes. Fluff with a fork and let cool.

4. Whisk together garlic, lemon juice, olive oil, and sea salt until emulsified. Toss with quinoa and vegetables. Season to taste. You can eat at room temperature or chilled. Even better the next day.

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