

QUINOA-SCIUTTA

Serves 4

1 cup quinoa
2 cups purified water or vegetable stock
¼ teaspoon Celtic Sea salt
¼ teaspoon ground black pepper
5 ripe tomatoes, chopped
1 onion, chopped
2 cloves garlic, chopped
1 zucchini, chopped
1 green bell pepper, chopped
1 tablespoon fresh basil, chopped
1 tablespoon fresh Italian parsley, chopped
10 capers
2 tablespoons extra virgin olive oil
1 tablespoon Parmesan

In a small saucepan, toss the quinoa in 1 tablespoon of olive oil, stir, add the water, the salt and the black pepper, and bring to a boil. Cover and simmer over low heat for 15 minutes. Remove from heat

Pour 1 tablespoon of extra virgin olive oil into a pan and sauté the onion, garlic, zucchini and green bell pepper for about 3 minutes.

Add the tomatoes and let it simmer for 10 minutes. .

Scoop the quinoa into the sauté pan and mix thoroughly with a spoon until it is blended with the vegetables.

Add basil, parsley and capers. Add the Parmesan and serve warm as an entrée or cold as a side dish.