**Recipe: Veggie Quinoa**

**Ingredients:**

1.5 cup water

¾ cup dry quinoa

1/3 cup chopped carrot

½ cup chopped long green squash

1/3 cup chopped onion

1 green hot chilli pepper, chopped

1 cup leafy greens of choice

¾ cup chopped green pepper

1 cob of corn (off the cob)

1 cup chopped tomatoes

**Condiments & spices:**

2 tbsp oil

1 tsp cumin seeds

¼ tsp turmeric

¼ tsp black pepper

¼ tsp red chilli pepper

1 tsp coriander seed powder

1 tsp salt

**Preparation:**

1. Rinse quinoa well with running water.
2. Add water and dried quinoa to a medium sized saucepan over high heat and bring mixture to a boil. Decrease the heat and let simmer. Cook mixture for about 10-20 minutes or until quinoa is fully cooked and fluffy. Once cooked remove from heat.
3. While quinoa is cooking, microwave the chopped carrots and chopped long green squash in a microwave safe bowl with 2 tbsp. of water for 2 minutes.
4. In a frying pan, over medium-low heat, add oil and cumin seeds.
5. Once seeds start to brown, add onions and the green chilli pepper and stir. Cover and let cook.
6. Once onions become translucent/clear, add the leafy greens, green peppers, and corn. Stir and cook for about 1 minute.
7. Add the carrots and long green squash and stir.
8. Add turmeric, black pepper, red chilli pepper, coriander seed powder and salt. Stir.
9. Turn heat to the lowest setting and add the cooked quinoa (2 ¾ cups) and tomatoes. Stir until all ingredients are combined.
10. Remove mixture from heat and serve.

Note: you can add any vegetables and seasonings of your choice