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Savory Veggie Quinoa

Budget-friendly recipe

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Serves: 4

Ready in: 25 mins.

This veggie quinoa dish is sure to be a hit with the family. It's loaded with good-for-you ingredients!



Photo attribution: My Tu Duong

Ingredients

- 1 cup Dry quinoa
- 2 cups Vegetable broth
- 2 tablespoons Olive oil
- 1 Onion *chopped*
- 2 Carrots *chopped*
- 2 Zucchini *chopped*
- ½ teaspoon Salt and pepper
- 1 tablespoon Dijon mustard *optional*
- 1 tablespoon Red wine vinegar *optional*

What You'll Need

- Cutting board
- Knife
- Measuring spoon
- Measuring cup
- Large pot with lid
- Medium pan
- Large spoon or spatula

Directions

1. Boil broth in a large pot. Add quinoa, cover, reduce heat to low and simmer for 10-15 minutes until liquid has absorbed.
2. Meanwhile heat olive oil in a medium pan over medium heat.
3. Add carrots, onion, zucchini, salt and pepper. Sautee over medium heat until vegetables are soft, about 10-minutes. Stir veggies in quinoa and serve

Chef Tips

The carrot and zucchini in this dish are suggestions. Use whatever vegetables are in your pantry or garden. The veggie combinations in this dish are almost endless!

Nutrition Info and more

Serving size: 1 cup

Total calories: 255 Total fat: 9.96 g Saturated fat: 1.45 g Carbohydrates: 33.45 g Protein: 8.02 g Fiber: 4.03 g Sodium: 400.2 mg