

Lemony Quinoa 'Risotto' with Fresh Vegetables

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Servings: 4

Serving Size: About 1 ½ cups

Ingredients:

1 cup dry quinoa	½ teaspoon salt, divided
1 cup water	½ teaspoon ground black pepper, divided
1 cup organic low sodium veggie broth	¼ cup soft cheese like goat or feta (optional)
3 tablespoons organic, grass fed butter	2 tablespoons lemon zest (about 1 ½ lemons)
3 green onions, diced	4 tablespoons lemon juice (about 1 ½ lemons)
2 ears sweet corn, corn cut off cob raw*	1 clove garlic, minced
1/2 bunch asparagus, cut into 1 inch pieces	1 tablespoon honey or agave
1 small zucchini or yellow squash, cut into 1/2 inch square cubes	
1/2 cup sugar snap peas, cut in halves	
1 bunch fresh basil, diced	

Directions:

1. Combine quinoa with water and veggie broth in a saucepan, bring to a boil, then place a lid on top and cook until the water is absorbed and the quinoa is tender, about 15 minutes.
2. Meanwhile, combine 1/4 teaspoon salt, 1/4 teaspoon pepper, lemon zest, lemon juice, garlic clove, and agave in a small bowl and whisk together. Set aside.
3. Melt butter in a large skillet over medium-high heat. Add corn, asparagus, zucchini, and sugar snap peas and season with remaining salt & pepper, then sauté 3-5 minutes.
4. Add green onion and sauté an additional 2 minutes or until veggies are tender.
5. Add cooked quinoa, cheese if using, and the lemony mixture to the skillet with the veggies and stir to combine and melt cheese, about 30 - 60 seconds, stirring constantly.
6. Add fresh diced basil leaves on top and serve!

Tips and Tricks:

*Substitute frozen, thawed corn if needed.

Feel free to get creative with this dish and sub out your favorite veggies.

I like to put my leftovers over some greens like arugula the next day and cut up some fresh avocado on top as well - delicious!

Nutritional Information Per Serving:

Calories: 331
Fat: 11.7 g
Cholesterol: 0
Sodium: 519 mg
Total Carbohydrate: 50.8 g
Dietary Fiber: 6.1 g
Sugars: 11 g
Protein: 9.1 g