**Trying New Foods Recipe:**

**Quinoa with and Zucchini, Red Peppers & Pine Nuts**

***Preparation time:*** *10 minutes*

***Cooking time:*** *15–20 minutes*

***Yield:*** *6 servings*

1/3 cup pine nuts

2 cups vegetable or chicken broth

1 cup quinoa, rinsed

2 tablespoons olive oil, divided

3 cloves garlic, minced

1 red bell pepper, chopped

1 small zucchini diced

1/2 cup chopped onion

7 ounces of firm Tofu (you can substitute Tuna or Mozzarella Cheese)

1 teaspoon dried basil

1 teaspoon dried parsley

1 teaspoon dried oregano

Salt and pepper to taste

1. Warm 1Tablespoon olive oil in a frying pan on medium heat, spread the pine nuts in the heated pan, and saute, stirring frequently for about 5 minutes or until lightly browned. Remove the nuts from the pan, place them into a small bowl, and set aside.
2. In a medium saucepan, bring the broth to a boil over medium-high heat and add the quinoa. Reduce the heat to medium-low, and simmer, covered, until the quinoa is tender and the liquid is absorbed, about 15 to 20 minutes.
3. While the quinoa is cooking, heat the other Tablespoon of olive oil in a medium saucepan over medium heat. Stir in the garlic, and cook until the garlic browns, about 30 seconds.
4. Add the red bell pepper, zucchini, and onions to the garlic-oil mixture, and continue cooking over medium heat until the vegetables soften, about 5 minutes. Add the basil, parsley, oregano, and salt and pepper to taste, and cook for 1 more minute. Then stir in the cooked quinoa, and pine nuts. Finally, fold in the tofu (or tuna or mozzarella) and serve immediately.

Nutrition information:

Calories Carbs Fat Protein Sodium Sugar

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Total: | 1,464 |  | 150 | 78 | 54 | 1,069 | 14 |  |
| Per Serving: | 1464 |  | 150 | 78 | 54 | 1,069 | 14 |  |

**Dessert:** Sliced freshKiwifruit

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Total: | 46 | 11 | 0 | 1 | 2 | 7 |  |
| Per Serving: | 46 | 11 | 0 | 1 | 2 | 7 |  |

**Dessert**: Sliced Starfruit

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Total: | 28 | 6 | 0 | 1 | 2 | 4 |  |
| Per Serving: | 28 | 6 | 0 | 1 | 2 | 4 |  |