



The Micheff Sisters

Wholesome Grains (2/3/16)

Spanish Style Quinoa

Ingredients:

- 1 Tbsp. oil (canola or olive)
- 2 cloves garlic, minced
- 3 tsp. fresh jalapeno, minced (more if desired)
- 1 c. red quinoa
- 1 c. vegetable broth
- 1-15 oz can black beans, drained and rinsed
- 1-14.5oz can fire-roasted diced tomatoes
- 1½ c. frozen corn
- 1 c. yellow squash, finely diced
- 1 c. zucchini, finely diced
- 1 tsp. chili powder
- 1 tsp. cumin
- 2 tsp. Hot & Spicy Spike Natural Gourmet Seasoning
- Salt to taste



Directions:

Sauté garlic and jalapeno in the oil in a large skillet over medium heat for about 2 minutes or until slightly soft. Stir in the rest of the ingredients and stir to mix well. Bring to a boil; cover, reduce heat and simmer until the quinoa is cooked through, about 20 minutes. Serve warm with fresh-diced avocado

Yields: 6 – 1 cup servings

Cinda S. Sanner