

Quinoa Vegetable Bowl

by Karen Ullo

Ingredients

- 1 cup dry quinoa
- Water according to package directions
- 1 boullon cube, whichever flavor you like
- ½ tsp. Italian seasoning
- 1 cup chopped vegetables (I used one Roma tomato and half a bell pepper, but spinach, asparagus, broccoli, or pretty much anything else would work)
- Spoonful of sliced green salad olives
- ¼ cup shredded mozzarella or cheese of your choice
- (Optional) fresh parsley for garnish



Directions

Boil the water with the boullon cube and Italian seasoning, then add quinoa and cook according to package directions.

With about five minutes left, add the vegetables to allow them to soften during the remainder of the cooking process, as well as the olives.

When it's fully cooked, stir in the cheese and allow to melt. Serve and add parsley if desired.

Enjoy!



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