Quinoa with Chard, Mushrooms, and Purple Cauliflower

Serves 4-6

Ingredients
- 8 ounces, mushrooms, sliced
- ½ whole red onion, sliced
- 1 head purple (or regular) cauliflower
- 3 Tbsp extra virgin olive oil, Divided
- 2 cloves garlic, minced
- 1 bunch Swiss or Rainbow Chard, sliced Into thin ribbons (ends discarded)
- 1 cup quinoa
- 1 pinch kosher salt and freshly ground black pepper
- ¼ cups fresh basil, for garnish

Preparation

Preheat the oven to 350°F. On a rimmed baking sheet, toss the sliced mushrooms with the onions, cauliflower florets, 1 tablespoon oil and a good pinch of salt and pepper. Roast for about 40 minutes, checking at the 30-minute mark. Bring the remaining 2 tablespoons oil to a medium-high heat in a skillet. Add the garlic and sauté for 30 seconds. Add the chard and sauté on medium until wilted, 7 minutes. In the meantime, boil the quinoa in water until they pop open into little spirals, about 20 minutes. Drain and add the quinoa to the chard. Toss to combine with another pinch of salt and pepper. Add the roasted veggies to the skillet and give another toss. Drizzle in a little more oil if needed. Serve garnished with basil leaves.

Calories 220, Total Fat 9g, Sat Fat 1g, Sodium 160mg, Carbohydrates 27g, Fiber 5g, Sugars 5g, Protein 8g

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