

# Garden Quinoa with Pesto Sauce

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Combine my favorite summer ingredients. Grilled vegetables, fresh basil plucked from the garden and spun into a flavorful pesto and easy to make quinoa. This whole grain dish is gluten free and satisfying like a bowl of pasta. Make sure to rinse the quinoa before using to remove its bitter natural taste.

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|---|--|-----|-------------|--|
| 2 | zucchini sliced  | 3   | cloves      | garlic   |
| 1 | red bell pepper  | 1/3 | cup         | olive oil  |
| 1 | yellow bell pepper   | 3   | Tablespoons | pine nuts or walnuts                                 |
| 1 | ear corn   | 1/4 | cup         | Feta cheese crumbled                                 |
| 1 | cup quinoa   | 1   | cup         | cherry or grape tomatoes, sliced in half or quarters |
| 2 | cups basil leaves, washed and spun dry (remove flowers, but you can leave the smaller stems) |     |             |  |

- 1 Slice the zucchinis lengthwise and place in a bowl. Sprinkle olive oil just to coat and add salt and pepper to taste. Place zucchini strips, bell peppers and husked ear of corn on barbecue to add grill marks, which should take a few minutes on each side. Turn the bell peppers until the outside is charred. Cool the zucchini and corn on a plate or platter. Place charred bell peppers in a plastic bag to steam. Set all aside.
- 2 Rinse quinoa in a fine mesh strainer. Add to saucepan with 1 1/4 cups water. Bring to a boil, reduce heat to a simmer. Cover and cook for approximately 15 minutes or until liquid is absorbed. Add more water, if pot begins to go dry before done.
- 3 While quinoa is cooking, make the pesto. Process garlic in food processor. Add basil leaves, pine nuts, salt and pepper and process again. Drizzle in olive oil from the feed tube just until a paste is formed.
- 4 When bell peppers have cooled slightly. Peel off the charred skins, cut them open and remove seeds and stem. Slice the peppers into strips, then cross cut into 1" pieces. Slice zucchini strips into 1" pieces also and slice corn off the cob. Place all in a bowl, add quinoa and enough basil pesto to coat it all nicely when stirring together. You may not need all the pesto, so save some for another dish.
- 5 Place Garden Quinoa in a presentation bowl and top with sliced cherry tomatoes and feta cheese.

Servings: 8

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

## Nutrition Facts

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Nutrition (per serving): 232 calories, 122 calories from fat, 14g total fat, 4.2mg cholesterol, 64.5mg sodium, 451.6mg potassium, 22.9g carbohydrates, 3.4g fiber, 2.6g sugar, 5.9g protein.

## Source

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