

## ROASTED VEGGIE QUINOA SALAD (4-6 servings)

### Quinoa

- 1 c. RINSED quinoa (you can use white, red or tri-color)
- 2 c. chicken stock (or vegetable stock)
- 1 tsp extra virgin olive oil
- 4 cloves garlic, chopped (use garlic to taste)
- 1/2 tsp sea salt

### Roasted Vegetables (Substitute to taste)

- 2 bell peppers, cubed
- 1 zucchini, cubed
- 1 squash, cubed
- 1 red onion, cubed
- 1 fennel bulb, cubed
- 4 garlic cloves, whole
- 1 Tbsp Herbs de Provence
- 2 Tbsp extra virgin olive oil
- 1/2 tsp smoked salt



Dressing\*\* (I have done this recipe both ways. Toss the veggies first with the dressing, then roast. Or use the dressing to toss on the entire dish **after cooking**, so it absorbs into the Quinoa, too).

- 1/2 lemon, juiced and zested
- 2 Tbsp extra virgin olive oil
- fresh Herbs de Provence

### Instructions:

Preheat the oven to 450 degrees, or fire up the grill.

In a bowl, combine all the cubed veggies and toss with the Herbs de Provence, oil and salt. Place in a single layer on a lined baking sheet and bake for 30 minutes, flipping half way through. (or grill the veggies to your liking).

In a small saucepan, heat the oil over low heat and add the garlic, saute for 1 minute, then add the rinsed quinoa and chicken stock. Bring to a boil, cover and reduce heat to a simmer. Cook for about 20 minutes. Turn off heat, let sit for 5 minutes and fluff with a fork. TIP: Don't forget to remove lid as soon as it's cooked & fluff.

In a serving bowl, combine cooked quinoa with roasted veggies. Add dressing, toss. *Enjoy hot, room temperature or cold!*