



Quinoa with Zucchini and Basil

serves 4

2 c quinoa

4 c vegetable or chicken stock

1 bay leaf

6 small zucchini (6"L), sliced lengthwise in quarters, then crosswise in 1/4" slices

1 small red onion, diced finely

2 c quinoa

4 c vegetable or chicken stock

1 bay leaf

1/4 c extra-virgin olive oil

10 basil leaves, sliced into ribbons (at the last moment)

Celtic sea salt and pepper to taste

- In a small pot, combine quinoa with broth and bay leaf. Bring to boil and simmer approximately 20 minutes. Cover and let stand for about 5 minutes.
- In a large skillet on high heat, sauté onions in half the olive oil for a minute, then add zucchini and sauté for about 4 minutes, until it begins to caramelize. Taste and add salt and pepper.

- When quinoa is cooked, fold into zucchini mixture, along with slivered basil leaves. Gently stir to combine and add remaining olive oil.