



Red Quinoa Bowl with Vegetables and Tahini

4 servings

1 cup red quinoa, rinsed
2 cups water
1/4 cup extra-virgin olive oil
1 small onion, finely diced
2 cloves garlic, chopped
1 carrot, cut in half lengthwise and sliced crosswise 1/4 inch thick on the diagonal to make half moons
1/4 pound shiitake mushrooms, stems discarded and caps thinly sliced
1 small zucchini, halved lengthwise and sliced crosswise 1/4 inch thick
Celtic sea salt
4 cups broccoli florets (save the stems for juicing)
6 cups kale, large stems removed, leaves coarsely chopped (1 bunch)

1/4 cup tahini, at room temperature
1/2 cup fresh lemon juice
2 garlic cloves, minced
2 tablespoons warm water
1/4 teaspoon crushed red pepper

Avocado and sprouts for garnish (optional)

- In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover the saucepan and simmer over low heat until the quinoa is tender and all of the water has been absorbed, 20 minutes.
- In a large skillet, heat 2 tablespoons of the oil. Add the onion and cook over moderate heat until translucent, about 4 minutes. Add the carrot and cook until starting to soften, about 3 minutes. Add the shiitake, cover and cook until tender, about 4 minutes. Add the zucchini, season with salt and cook, stirring a few times, until tender, about 3 minutes. Transfer to a bowl.

- Add the remaining 2 tablespoons of oil to the skillet. Add the broccoli, cover and cook over moderate heat, stirring a few times, until deep green, 5 minutes. Add water if it is getting dry.
- Add the kale, cover and cook, stirring a few times, until the broccoli and kale are just tender, 4 minutes. Season with salt. Stir in the other vegetables.
- In a small bowl, whisk the tahini with the lemon juice, garlic, warm water and crushed red pepper. Season with salt.
- Transfer the quinoa to bowls. Top with the cooked vegetables.
- Optional: garnish with avocado and sprouts
- Serve, passing the tahini sauce at the table.