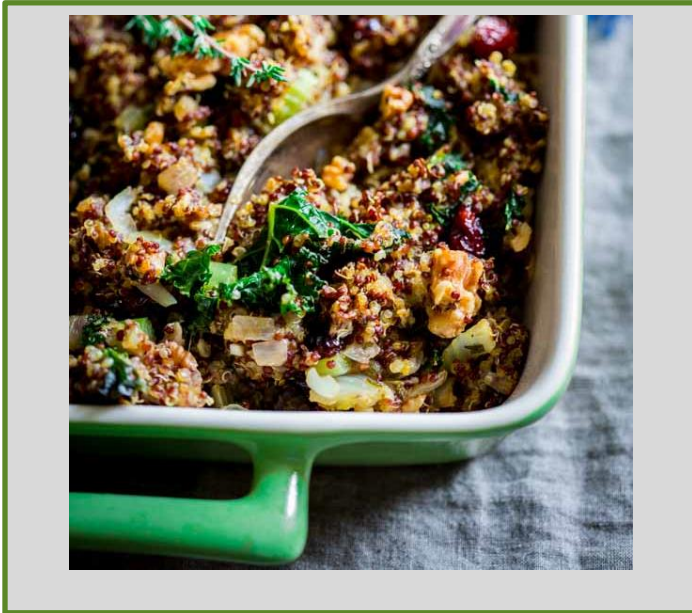


Recipes serves: 10 people



## Ingredients-

- ♥ 5 cups low sodium vegetable broth
- ♥ 2 cups **Tricolor quinoa blend**
- ♥ 4 cups chopped kale
- ♥ 1 Tbsp olive oil
- ♥ 1 onion, chopped
- ♥ 1 clove garlic, minced
- ♥ ½ cup **raw pine nuts**
- ♥ ½ cup broccoli florets, chopped
- ♥ ½ cup celery, chopped
- ♥ ½ cup dried cranberries
- ♥ ¼ cup parmesan cheese

## PREPARATION:

1. Preheat oven to 350°F. Prepare a 13 by 9 inch baking dish with cooking spray.
2. In a large saucepan, add 5 cups of vegetable broth. Bring to boil.
3. Add quinoa, cover, reduce heat and simmer for 20 minutes or until broth is fully absorbed.
4. Stir in Kale and let sit for an additional 5 minutes.
5. In a medium saucepan heat 1 Tbsp of olive oil. Add onion, garlic, pine nuts, broccoli, and celery. Simmer for 5-8 minutes, stirring often.
6. In a large bowl combine quinoa, sautéed vegetable and onion mixture, and dried cranberries.
7. Transfer mixture into prepared baking dish. Bake for 30 minutes.
8. Garnish with parmesan cheese and serve.

Nutrition Facts			
Serving Size: 1 Cup (215.1g)			
Servings: 10			
Amount Per Serving			
Calories	230	Calories from Fat	70
		% Daily Value*	
<b>Total Fat</b>	7g		<b>11%</b>
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	125mg		5%
<b>Total Carbohydrate</b>	32g		<b>11%</b>
Dietary Fiber	4g		15%
Sugars	6g		
<b>Protein</b>	9g		
Vitamin A	80%	•	Vitamin C 60%
Calcium	8%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000    2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g