



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

April 14th, 2015 Cooking Class

Featuring

Brenden Haggerty

From The Whole Hog Food Truck

Seasonal Vegetable Quinoa

Serves about 8

Ingredients:

- 2 cups quinoa, rinsed
- 4 cups water
- 4 carrots, chopped
- 1 lb. mushrooms, chopped
- 1 cup peas
- 2 cups chopped cabbage
- 1 bunch scallions, sliced
- 2 Tbsp. olive oil

Directions:

- 1) In a small saucepan, bring the quinoa and water to a boil with a pinch of salt, then turn to low, cover and leave for 15 minutes or until all the water has absorbed.
- 2) Heat a large sauté pan to medium high, and add some oil and then the veggies. Toss briefly and let sit for a moment to caramelize. Continue to cook for a total of 7-8 minutes, or until veggies are tender but still have texture.
- 3) Now add the quinoa to the pan and toss to combine. Let the pan sit on medium heat for 2 more minutes to crisp the quinoa. Scrape the bottom of pan before removing from heat.

Nutrition Facts	
Serving Size: 1 serving (255.5g)	
Servings: 8	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 8g	
Vitamin A 100%	• Vitamin C 30%
Calcium 6%	• Iron 15%
*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

