

CREAMY QUINOA PRIMAVERA

Serves 4

Ingredients:

- 1 ½ cups uncooked quinoa
- 3 cups low sodium vegetable broth
- 2 ounces cream cheese
- 1 Tablespoon chopped fresh basil or 1 teaspoon dried basil leaves
- 2 teaspoons butter
- 2 garlic cloves, finely chopped
- 5 cups thinly sliced or bite sized pieces assorted vegetables such as asparagus, broccoli, carrot or zucchini
- 2 Tablespoons romano cheese

Tips & Facts:

Prep Time: 10 minutes
Total Time: 30 minutes

Nutrition Facts (per serving):

Calories: 255 cal; Carbohydrates: 36 g; Total Fat: 9g; Protein: 11g; Fiber: 4g; Cholesterol: 15mg; Sodium: 225mg

Directions

1. Rinse quinoa thoroughly; drain. Heat quinoa and broth to a boiling in 2 quart saucepan; reduce heat. Cover and simmer 10 to 15 minutes or until all broth is absorbed. Stir in cream cheese and basil; cover and remove from heat.
2. Melt butter in 10 inch nonstick skillet over medium high heat. Cook garlic in butter about 30 seconds, stirring frequently, until golden. Stir in vegetables. Cook about two minutes, stirring frequently until vegetables are crisp-tender
3. Toss vegetables and quinoa mixture. Sprinkle with Romano cheese.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Quinoa	\$7.29/ 16 Oz.	\$5.52
Low Sodium Vegetable Broth - 32 oz.	\$2.99/ 32 Oz.	\$2.16
Cream Cheese	\$2.59	.64
Fresh Basil	\$1.99	.50
Butter	\$2.99	.10
Garlic	.50	.06
Carrots	1.29	.60
Red Pepper	1.99	1.00
Asparagus	1.99	1.99
TOTAL	\$23.64	\$12.57
		Cost per Recipe: \$3.14