

Grilled Vegetables with Lemon-Caper Quinoa

Ingredients (4 servings)

2 cups of quinoa
1 large red onion sliced into 1/2" wedges
1 head of broccoli broken into florets
1 red pepper sliced into 1/2" wedges
1 lemon
4 cloves of garlic thinly sliced
4 tbsp of capers
Small bunch of cilantro rinsed and stems removed
Salt and Olive oil



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

Put a large pot of water on high to a boil. In a separate medium saucepan, add four cups of water and 1/2 tsp of salt. Bring to a boil and then add the quinoa. Stir, reduce heat to maintain a simmer for 15 minutes. Cover and remove from heat. Allow to sit covered for five minutes before removing lid and fluffing with a fork.

Meanwhile prepare vegetables: cut onion and red pepper into 1/4" slices, break broccoli into florets, rinse and remove stems from cilantro, and thinly slice garlic cloves.

Add the broccoli florets to the large pot of boiling water and cook for three minutes before removing from heat, draining into a colander and running them under cold water for a minute or so to refresh. Allow broccoli florets to dry on a clean tea towel.

In a heavy bottom pan (steel or cast is good), add a glug of olive oil and turn the heat to medium-high. Wait 30 seconds and then add the red onion. Allow to brown on one side before tossing around a bit. Cook for approximately 2 minutes or until the onions are nicely seared and then put them aside in a large bowl. Add the peppers to the hot pan and do the same. Remove peppers, once seared, and add them to the bowl with the onions. Return the pan to heat, add another glug of olive oil, and then the broccoli. Spread the florets evenly so that each one is touching the pan. Leave them for three minutes to become well-browned on one side before removing from pan and adding them to the bowl with the peppers and onions. Lightly salt the seared vegetables. Reduce heat to medium-low and return pan. Add another glug of olive oil and then your thinly sliced garlic. Allow to brown evenly by stirring and tossing, then add the quinoa, juice from 1/2 a lemon (cut the other half into wedges for serving), and capers. Toss gently and then remove from heat. Split the quinoa between four plates, top with grilled vegetables and cilantro and serve with a lemon wedge alongside. Enjoy!