

QUINOA & ROASTED VEGETABLE SALAD

RECIPE

Ingredients:

Serves 4 as a main dish

- 1 cup (160g) raw quinoa
- 2 cups water
- 1 medium red onion
- 1 medium zucchini (200g)
- 1 large red capsicum (240g)
- 200g pumpkin
- ½ large eggplant (200g)
- 100g button mushrooms
- 2 cloves garlic, peeled and crushed
- 2 Tablespoons olive oil
- Sprig fresh rosemary
- ½ punnet cherry tomatoes
- Juice of ½ lemon
- Handful fresh parsley, roughly chopped
- Handful fresh basil leaves, torn
- Fresh cracked black pepper to taste

Method:

- Pre-heat oven to 200c (180c fan assisted)
- Rinse quinoa and drain
- Place quinoa in medium size saucepan with water, bring to boil, turn down heat, cover and simmer until quinoa is tender and water is absorbed (about 15 minutes, or as per packet instructions). Remove from heat and place in a large bowl
- Peel onion and wash all vegetables and herbs
- Chop onion, zucchini, red capsicum, pumpkin, eggplant and mushrooms into bite sized pieces and place in large roasting dish with olive oil, garlic and rosemary, mix well and place in pre-heated oven to roast for about 20 minutes or until vegetables are tender, (add cherry tomatoes after 10 minutes).
- Remove vegetables from oven, mix into quinoa with lemon juice and herbs. Season to taste

Serving Suggestions and Tips

This dish is delicious served warm or cold as a main meal or side dish with other salads. For added protein top with some cooked chickpeas and feta cheese or grilled lean steak, chicken, fish or tofu.

Nutrition

Quinoa is a gluten free ancient grain that is a great low GI, high fibre carbohydrate source and provides all the essential amino acids.

Each serve of quinoa salad provides around:

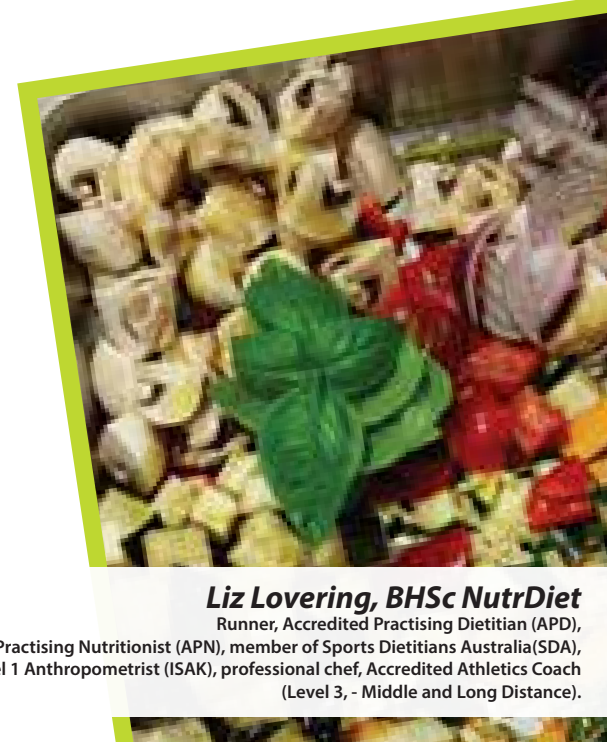
10g protein

12g fat

45g carbohydrate

8g fibre

1350kJ



Liz Lovering, BHSc NutrDiet

Runner, Accredited Practising Dietitian (APD),
Accredited Practising Nutritionist (APN), member of Sports Dietitians Australia (SDA),
Level 1 Anthropometrist (ISAK), professional chef, Accredited Athletics Coach
(Level 3, - Middle and Long Distance).

**Book to see Liz for a dietary consult at the
intraining Running Injury Clinic.**

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