

Sundried Tomato Quinoa



Last week, Joy, a local farmer and the mother of our customer service staff member, made a quinoa dish for our office. It was so good that I asked her for the recipe and to recreate it in our office kitchen so that I could share it with you. In full disclosure, Joy took the quinoa recipe from our blog from Dr. Katz's wife Sarah and made it her own.

Quinoa is a flowering plant grown primarily for its edible seeds. And it is one of the only plant-based foods that is a complete protein. A complete protein has all nine amino acids that your body can't produce. Most animal products are great sources of these amino acids, which makes them complete proteins. But as those following a plant-based diet know, it is very difficult to find foods containing these nine amino acids in the necessary amounts.

But while quinoa is amazing, it also has an acquired taste that most people don't like. This recipe makes quinoa approachable to the average person. So, give it a try. You won't regret it. Bon appétite!!

Ingredients

- 1 cup quinoa
- 8 oz organic sun-dried tomatoes (in olive oils)
- 1 cup chopped walnuts (can substitute pin nuts)
- 3 tbs balsamic vinegar
- 1 cup fresh basil (or 3 tbs dried basil)
- 2 tsp salt (or to taste)
- 3 cloves garlic (crushed)
- 2 small shallots (chopped)
- 1 medium sweet potato

Directions

Cut a sweet potato into cubes. Pour coconut oil over them and place them onto a pan and into an oven to cook at 400 degrees until they're done (about 20-30 minutes depending on the size of the cubes).

Boil the quinoa in 2.5 cups of water. Add the other ingredients to a blender and blend. Add the blended ingredients to the quinoa as it cooks for around 20 minutes. If you're adventuresome, modify it to your tastes by adding more salt, balsamic, or garlic as you prefer. Turn off the heat and let sit for another 30 minutes.