



## INGREDIENTS

1 cup of quinoa  
Juice of 1 lemon  
3 tbsp tamari  
2 zucchinis  
1 small broccoli head  
1 tbsp tahini  
1 tsp olive oil  
Salt and pepper

**Servings:** 4

**Calories:** 203.5

**Total Fat:** 6g

**Total Carbs:** 34g

**Total Protein:** 10g

## DIRECTIONS

**Step 1:** Place quinoa in sieve and rinse with cold water until water runs clear.

**Step 2:** Place quinoa in a sauce pan with 1.5 cups of water, lemon juice, and 1 tbsp tamari. Stir and cook on high heat until it comes to a boil.

**Step 3:** Boil 1-2 minutes, then simmer for 12 minutes, covered, until all water is absorbed, and quinoa is fluffy (not mushy). Turn off heat.

**Step 4:** Slice zucchini in half then chop into half-moons. Cut broccoli into florets.

**Step 5:** Heat pan on medium heat. Add olive oil, 1 tbsp tamari, salt, pepper, zucchini and broccoli and sauté for 7 minutes.

**Step 6:** Mix cooked quinoa, 1 tbsp tahini, and 1 tbsp tamari. Add sautéed vegetables and drizzle with olive oil.

To learn more about the Fresh & Savory Culinary and Living Style Medicine Program,

call **202-416-2000 PHONE**, or visit **[MedStarHealth.org/Lafayette-Centre](https://www.MedStarHealth.org/Lafayette-Centre)**.