



Tropical Quinoa

SERVES 4

Take your quinoa to a tropical place!

- ½ cup quinoa
- 1 cup low sodium vegetable broth
- ½ cup chopped apple
- ¼ cup chopped onion
- 1-2 chopped garlic cloves
- ½ cup chopped mango
- ¼ cup chopped cilantro
- ¼ cup unsweetened coconut flakes
- 1 tbsp Tahini
- Juice of 1 lime
- 1 tsp coconut aminos, or 1/2 tsp tamari

Rinse quinoa thoroughly with water. Bring broth to a boil and add quinoa to cook. Reduce heat after 10 minutes and add apples, onions and garlic and cook for another 5 minutes. Remove from heat and cover for 10 minutes. Add remaining ingredients and mix well. Serve warm or cold.

See Health Starts Here program materials in store and online



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