



From the Kitchen of Executive Chef Jessica VanRoo



Quinoa Vegetable Paella

Description

Quinoa is that rare food that is both a complex carbohydrate and a complete protein, a mighty combo able to keep your blood sugar and energy levels steady. This helps to prevent blood sugar spikes that can make you feel irritable and unfocused. It's now widely available in most grocery stores completely unprocessed and is gluten-free. The kidney beans in this hearty dish contain folic acid (folate) and B12, two vitamins that appear to be beneficial in preventing central nervous system and mood disorders as well as dementia. Add zucchini, which is full of potassium, B vitamins, dietary fiber and antioxidants. Potassium increases blood flow to the brain, which can help with brain fog and improve focus. A key spice in this recipe is turmeric, which contains the chemical curcumin, shown in a number of studies to fight depression and reduce inflammation. Many people only eat turmeric when enjoying Indian food, but this spice can be added to chili, soups, stir-frys and rice. However, to get the full effects of turmeric, combine it with some healthy fats and add black pepper (which contains piperine), to increase its absorption in the bloodstream by 2000%.

*Recipe serves 6. Total cost \$9.33/\$2.33 per serving. 384 calories per serving.

Ingredients

2 teaspoons grapeseed oil
1 small onion, diced
3 cloves garlic, minced
1 red bell pepper, diced
1 ½ cups quinoa, rinsed
½ teaspoon turmeric
2 teaspoons smoked paprika
½ teaspoon kosher salt



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- ½ teaspoon ground cumin
- 1 fourteen ounce can diced tomatoes
- 1 fourteen ounce can kidney beans, rinsed and drained
- 2 ¾ cups chicken or vegetable broth, more as needed
- 2 medium zucchini, halved lengthwise and sliced
- 1 cup fresh or frozen peas
- 1 jar marinated artichoke hearts, cut into quarters

Instructions

1. In a deep skillet, sauté onions and garlic with grapeseed oil, just until onions soften and begin to brown. Add peppers and cook another minute.
2. Add quinoa to the skillet and cook 2 minutes.
3. Stir in turmeric, paprika, salt, cumin, tomatoes, beans, and broth, then bring to a boil. Cover and reduce heat to low, cooking for 15 minutes.
4. Remove cover. If quinoa looks dry, add ¼ cup of broth. Then layer remaining vegetables on top of the quinoa, re-cover and cook 5 to 8 minutes or until quinoa is cooked through.
5. Remove cover, let stand for 5 minutes. Fluff then serve.