

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

Warm Vegetable Quinoa Salad by Gillian McKeith

Ingredients

- 1 red pepper halved and seeded
- 1 yellow pepper halved and seeded
- 1 zucchini, trimmed and thinly sliced
- 1 small red onion, peeled and thinly sliced
- ½ cup quinoa grains
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 TBS pine nuts
- ¼ pound fresh arugula
- 3 TBS chopped fresh basil
- 4 lemon wedges

Preparation

Preheat oven to 400 degrees
Place the peppers cut side up on an ovenproof baking dish and scatter the zucchini and red onion over the top. Place in the oven and roast for 15 minutes.
Meanwhile, rinse and drain the quinoa and add to a medium pan of boiling water, along with the thyme and rosemary. Cook for 8-10 minutes. Drain and set aside.
Scatter 1 TBS of the pine nuts over the peppers and cook for an additional 5-10 minutes.
Remove the baking dish from the oven and spoon the quinoa into the pepper halves.
Scatter with the arugula, fresh basil, and the remaining pine nuts and arrange the lemon wedges (for squeezing) on top.
Serve immediately.



THOUGHT FOR THE WEEK

Many people have heard of quinoa but are unsure of what it is or how to use it. It is an ancient grain, that is easy to cook and highly adaptable and cooks in 15 minutes. Of all the whole grains, quinoa has the highest protein content, so it's perfect for vegetarians and vegans. Quinoa provides all 9 essential amino acids, making it a complete protein. Quinoa is a gluten-free and cholesterol-free whole grain! Give it a try.

