



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM

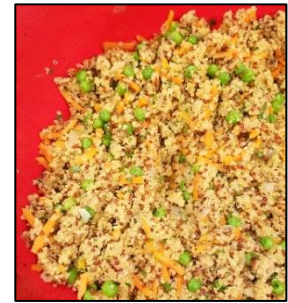


## *Quinoa with Carrots and Peas*

Serves 4

### **Ingredients:**

2 cups water or low-sodium broth  
1 cup quinoa  
¼ cup olive oil  
1 small onion or shallot (diced)  
4 cloves garlic (finely chopped)  
1 cup frozen carrots and peas  
Optional: ¼ cup fresh parsley, ½ cup goat cheese (crumbled), ¼ cup almonds



### **Directions:**

1. Cook quinoa: Combine dry quinoa and liquid in saucepan. Bring to a boil, then reduce to a simmer, cover, and cook until the quinoa is done (~15 minutes). Drain off excess liquid if necessary.
2. While quinoa is cooking, sauté olive oil and onions over medium heat until onions become translucent. Add garlic and sauté for a minute. Add frozen carrots and peas. Sautee until vegetables defrost and become tender.
3. Transfer cooked quinoa into a large bowl. Fluff with a fork. Mix in carrots and peas mixture and optional ingredients.

### **Nutrition Tips:**

1. Cooking quinoa in a low-sodium broth versus plain water is one way to add flavor to this otherwise “nutty” tasting grain.
2. Quinoa is a whole grain, meaning it contains a nutrient-rich bran, germ and endosperm.
3. Quinoa is also one of the few plant-based “complete protein” sources, containing adequate portions of the nine essential amino acids necessary in the human diet.
4. Consider including quinoa in your meals as an alternative to rice, barley, or couscous.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.