



## MEDITERRANEAN QUINOA

Serves 6

3/4 cup quinoa  
1 1/2 cups vegetable broth  
1/4 cup sun-dried tomato, chopped  
1/4 cup red onion, diced  
1/4 cup yellow bell pepper, chopped  
1/4 cup green bell pepper, chopped  
1/4 cup red bell pepper, chopped  
2 tablespoon fresh basil, minced  
2 tablespoon red wine vinegar  
1 1/2 teaspoon extra virgin olive oil

Rinse the quinoa in a fine mesh sieve until the water runs clear.

Combine the quinoa and broth in a saucepan and bring to a boil.  
Reduce heat and cook about 10 minutes until the quinoa is soft but not mushy.

In a bowl, combine the quinoa with the remaining ingredients.