

# Gingery Quinoa With Green Beans

March 2022 Recipe



Makes: 4 servings

## Ingredients

1 cup quinoa  
1 ½ cups water or broth  
2 cups green beans  
2 ½ Tbsp. lemon juice  
1 Tbsp. olive oil  
1 Tbsp. sesame oil  
2 Tbsp. soy sauce  
¼ tsp. ground ginger

## Nutritional information for 1 serving

Calories	239
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	486 mg
Carbohydrate	33 g
Dietary fiber	6 g
Total sugars	2 g
Added sugars included	0 g
Protein	7 g

## Directions

1. Toast quinoa in a dry skillet over medium heat, constantly stirring for about 3 minutes.
2. Put quinoa in a medium pot and add water or broth.
3. Bring to a boil, then let simmer until all of the water is absorbed and quinoa is tender (10-20 minutes).
4. Set aside and leave uncovered to cool.
5. While quinoa is cooling, microwave the green beans until just tender.
6. Rinse in cold water to stop the cooking process.
7. Combine the quinoa, olive oil, sesame oil, green beans, lemon juice, soy sauce and ground ginger in a large bowl. Stir well.
8. Season with salt and pepper.
9. Serve at room temperature.