



At home with
joliekorek.com



**A savory holiday dish for everyone
“Quinoa and Veggies”**

Ingredients

Vegetables

- 1 large white onion diced**
- 3 lbs of cremini mushroom chopped**
- 4 garlic cloves minced**
- 2 heads of broccoli chopped into small florets**
- 2 heads of cauliflower florets chopped**
- 1 container of cherry tomatoes**
- ½ cup of red wine**
- 1 ½ sticks of butter**
- ½ cup of extra virgin olive oil**
- Salt, pepper & crushed red pepper to taste**
- ½ a cup of grated Parmesan cheese**



Quinoa

- 1 cup of quinoa**
- Boil with water and vegetable broth**

Sauté onion and garlic with butter and oil till translucent
Add mushrooms sauté them till most of water evaporates
Add wine, salt and pepper and sauté for a few minutes

In the meantime

Roast vegetables, spread extra virgin olive oil on bottom of pan, spread vegetables over pan flat; do not layer them.

Salt and pepper vegetable to taste

Spread a little olive oil over the top of the vegetables

Roast cherry tomatoes till slightly brown

Roast broccoli and cauliflower till they are crispy and brown

When mushrooms are cooked and soft, add all other vegetables to the pan and stir them together for a few minutes.



Cook quinoa and drain. Mix in pan with vegetables till quinoa is coated with sauce.
Layout in a lasagna tray. Add grated Parmesan. Bake at 350 for about 10 minutes till Parmesan looks crisp.