



Chezy Broccoli Quinoa

4 servings
20 minutes

Ingredients

1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cups Broccoli (chopped into florets)
2 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	189
Fat	3g
Saturated	0g
Carbs	32g
Fiber	5g
Sugar	1g
Protein	10g
Cholesterol	0mg
Sodium	32mg

Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Serve it With: Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

More Flavour: Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.