



**CRAVING HEALTH**  
DIETITIAN & WELLNESS SERVICES  
— CRAVINGHEALTH.CA —

## Pesto Quinoa and Roasted Vegetables

Have you ever cooked quinoa before? If not, it's much easier than you think! It cooks up just like rice, but is chock-full of protein, fibre and vitamins & minerals! This pesto quinoa dish is also loaded with veggies and is on the table in less than 30 minutes.

Yield: 4 servings

Prep: 15 minutes

Cook time: 30 minutes

### INGREDIENTS

- 1 Zucchini
- 1 small red bell pepper
- 227 g of cremini mushrooms
- ½ tsp salt
- ½ teaspoon of pepper
- 2 tbsp of olive oil
- 1 cup of quinoa
- ½ cup of pesto



### INSTRUCTIONS

1. Preheat oven to 375 F.
2. Chop zucchini, red pepper and mushrooms and place vegetables well spaced out onto a foil lined baking tray. Sprinkle vegetables with salt and pepper, and drizzle olive oil onto vegetable to coat. Place vegetables in the oven once correct temperature has been reached for 30 minutes.
3. While the vegetables roast, rinse quinoa under cold running water until the water runs relatively clear.
4. Place the quinoa in a rice cooker and add 2 cups of water and set your rice cooker to cook.
5. Once quinoa and vegetables are both cooked, place quinoa, roasted vegetables, and pesto in a bowl and mix until pesto has evenly coated the vegetables and quinoa.

**Do you have a copy of our FREE Guide –  
5 Secrets for Healthy Eating Success?**

[www.cravinghealth.ca/5-secrets](http://www.cravinghealth.ca/5-secrets)

