



CHRISTMAS QUINOA W/CRANBERRY REDUCTION

Ingredients to prepare quinoa:

1 cup white quinoa

2 cups low sodium vegetable broth

1/2 teaspoon garlic powder

1/2 teaspoon fine sea salt

1/8 teaspoon black pepper

Cranberry reduction ingredients:

1/2 cup balsamic vinegar

1/2 cup fresh cranberries, rinsed

3 tablespoons grapeseed oil

1/4 teaspoon garlic powder

1/8 teaspoon black pepper

Vegetables:

1 large zucchini sliced

1/2 cup corn

1 cup fresh baby kale

Few sprigs of fresh mint, chopped

Directions:

First, prepare the balsamic reduction sauce. Add all the cranberry reduction ingredients to a small pot and bring to a slight boil. Once boiling, turn to simmer and cook for 30 minutes, whisking often to prevent it from clumping. It should become thick by then. Remove from the heat and carefully pour into a food processor. Pulse until very smooth. Taste and add any more oil or water if you prefer the tart taste to be milder. I liked it just as is.

Tip: While the sauce is cooking, prepare the quinoa.

Add all the “quinoa ingredients” into a small pot and bring to a boil, then turn to simmer and cover. Cook for 20-25 minutes or until almost all the broth has evaporated. Turn the heat off and keep the lid on and let it sit for 5 minutes. Fluff with a fork.

Prepare the zucchini and corn as your preferred cooking method.

Assemble all the ingredients onto a large platter or bowl. Drizzle the sauce and toss to coat everything evenly. The sauce is very concentrated, so just start with a little bit and store the extra in the fridge. Chop some fresh mint for garnish on top. It really gives a pleasing finish to the palette, against all the strong flavors.

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