



### ***CHRISTMAS QUINOA WITH CRANBERRY REDUCTION GROCERY LIST***

#### **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