

K's Kitchen: Quinoa and veggies with tahini

By Kathryn Reed

Until recently I didn't realize quinoa comes in a variety of colors. After doing a little research, I learned there isn't much difference between them.

Cooking times may vary. A reason not to just buy white is a little color might make a dish stand out more.

I used red quinoa for this dish, but it's not necessary. And at the store I was at it was a lot more expensive than the regular white.

I used white rice because it's what I had in the cupboard. Brown rice would make it healthier. And the brown rice could be the color instead of the red quinoa. Brown rice takes longer to cook and often needs more water.



**Quinoa and Rice Bowl with
Vegetables and Tahini**

1 C rice

1 C red quinoa

$\frac{1}{4}$ C olive oil

1 small onion, diced

1 carrot, cut into matchsticks

1/4 pound baby bella crimini mushrooms, thinly sliced

1 small zucchini, cut into matchsticks

Salt

1 head of broccoli, chopped

1 10-ounce bunch kale, large stems discarded

1/4 C tahini, at room temperature

1/2 C fresh lemon juice

5 garlic cloves, minced

2 T warm water

1/4 tsp crushed red pepper

1 ripe avocado, diced

1 C mung bean sprouts

In a medium saucepan, cover the rice with 2 inches of water and bring to a boil; then cover and cook over low heat until the rice is just tender. This can take about 40 minutes.

Combine the quinoa with 2 cups of water in small saucepan and bring to a boil; then cover and simmer over low heat until the quinoa is tender and all of the water has been absorbed, 20 minutes.

Add 2 tablespoons of oil large skillet. Over medium heat cook onion until translucent. Add the carrot, cook until starts to soften. Add the mushrooms; then zucchini. Season with salt. Transfer to a bowl.

Add the remaining 2 tablespoons of oil to the skillet. Cook broccoli until deep green, about 5 minutes. Add the kale, cook until just tender. Season with salt. Stir in the other vegetables.

In a small bowl, whisk the tahini with the lemon juice, garlic, warm water and crushed red pepper. Season with salt.

Put equal amounts of rice and quinoa to bowls. Top with the cooked vegetables, diced avocado and bean sprouts. Drizzle tahini mixture on top.