

# FIT RX Recipe Card

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## QUINOA & VEGGIES

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### Ingredients

1 C. Quinoa	2 Tbsp olive oil
2 C. water or broth	1 Tsp. thyme
4 carrots, chopped	Salt & pepper
1 zucchini, chopped	
1 Tbsp. Rice wine vinegar	

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### PROCEDURE

1. Bring water or Broth to boil. Add quinoa in pot, simmer for 12 to 15 minutes.
2. Allow to set 2 minutes, fluff with fork
3. Steam carrots and zucchini with small amount of water in microwave for 5 min with lid on.
4. In small bowl mix dressing, olive oil, vinegar and thyme with whisk or fork.
5. Assemble as a single serving or in one large serving dish, scoop quinoa onto plate, place scoop of veggies on top and drizzle with dressing. (single serving 2 tsp.)