

# Quinoa and Veggie Bowl

## INGREDIENTS

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1 tbsp evoo  
1 tbsp butter or margarine  
1 sm. onion chopped  
1 clove garlic minced  
1 carrot thinly sliced  
1/2 bell pepper chopped  
2 cups shredded fresh greens  
(spinach, kale or chard)  
2 cups cooked quinoa  
2 tbsp red wine vinegar  
Salt and pepper to taste  
Fresh white cheese (optional)

## INSTRUCTIONS

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1. Sauté onions in olive oil until just soft.
2. Add butter, garlic, carrot, and bell pepper then continue to cook until carrots start to soften. About 5 minutes over medium high heat.
3. Add greens on top of veggies and cover until they are wilted. About 4 minutes.
4. Mix in quinoa, vinegar, salt and pepper.
5. Serve hot, with or without cheese.

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*Chile y Limon*