



Gingery Quinoa with Green Beans

- 1 cup quinoa
- 1 ½ cups water or broth
- 2 cups green beans
- 2 ½ Tbsp. lemon juice
- 1 Tbsp. olive oil
- 1 Tbsp. sesame oil
- 2 Tbsp. soy sauce
- ¼ tsp. ground ginger

Nutritional Information (per serving)

Total Calories	239
Total Fat	9 g
Protein	7 g
Carbohydrates	33 g
Dietary Fiber	6 g
Saturated Fat	1 g
Sodium	486 mg
Total Sugars	2 g

Preparations

1. Toast quinoa in a dry skillet over medium heat, stirring constantly for about 3 minutes.
2. Put quinoa in a medium pot and add water or broth.
3. Bring to a boil, then let simmer until all of the water is absorbed and quinoa is tender (10-20 minutes).
4. Set aside and leave uncovered to cool.
5. While quinoa is cooling, microwave the green beans until just tender.
6. Rinse in cold water to stop the cooking process.
7. In a large bowl, combine the quinoa, olive oil or cooking oil, sesame oil, green beans, lemon juice, soy sauce and ground ginger. Stir well.
8. Season with salt and pepper.
9. Serve at room temperature.

Makes: 6 servings