

Southbury Farmers' Market Recipe

Quinoa Farmers' Market Style

- 1 cup quinoa (soaked for 6 hours with a splash of vinegar and rinsed)
- ½ jar of marinara sauce
- 1 onion diced
- ½ cup of mushrooms diced
- 2 zucchini thinly sliced
- 2 ears of corn cut off the cob
- 1 pepper diced
- 2 cloves of garlic minced

After soaking quinoa overnight and rinsing, allow to drain. In a large skillet, sauté onions and garlic with a splash of olive oil. When onions are translucent, add quinoa, mushrooms and peppers and sauté for a few minutes. Until mushrooms are tender, then add marinara sauce, and zucchini and cook until all liquid has been absorbed (you may have to add a bit of extra water this should cook for at least 20 minutes) within the last 5 minutes of cooking at the corn off the cob and stir. Serve warm or cold! (Optional: you can add sausage or grilled chicken for a complete meal.)

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