



MARDI GRAS CARNIVAL QUINOA JAMBADILLA

Prep Time: 15 minutes | Cook Time: 30 minutes | Difficulty: Medium

INGREDIENTS

1 cup tri-color quinoa, rinsed
2 cups water or vegetable broth
1 medium yellow bell pepper, diced
1 medium red bell pepper, diced
1 cup cherry tomatoes, halved
1 cup chopped kale (stems removed)
1 small onion, finely diced
3 garlic cloves, minced
1 teaspoon smoked paprika
1 teaspoon dried thyme
½ teaspoon cayenne pepper (adjust to taste)
2 tablespoons olive oil

INSTRUCTIONS

- 1 In a medium saucepan, bring the quinoa and water/vegetable broth to a boil. Cover, reduce heat, and simmer for 15 minutes until the quinoa is fluffy and liquid has been absorbed.
- 2 While the quinoa cooks, heat olive oil in a large skillet over medium heat. Sauté the diced onion until translucent (about 3 minutes).
- 3 Add garlic, red and yellow bell peppers, and cherry tomatoes to the skillet. Sauté for 5 minutes until they begin to soften.
- 4 Stir in smoked paprika, thyme, cayenne, salt, and pepper. Mix well to coat the vegetables.
- 5 Add chopped kale and simmer for an additional 3 minutes until the kale wilts.
- 6 Fold the cooked quinoa into the vegetable medley. Stir in lemon zest and adjust salt & pepper as needed.
- 7 Garnish with fresh parsley before serving, showcasing the Mardi

