

Plant based Recipes #4

It takes about 11 times as much fossil fuel to produce a calorie of animal protein as it does to produce a calorie of grain protein, considerably more carbon dioxide is released.

Superfood Platter (from Canadian Living)

This dish tastes delicious and virtuous! An endorsement from **Megumi Nishikawa**

20 min Hands On Time

30 Minutes Total Time

4 Servings

1 Cup Quinoa, rinsed and drained
2 Tsp Olive Oil
1 Small Onion, finely chopped
3 Cloves Garlic, minced
2 Tsp Ground Coriander
2 Tsp Ground Cumin
1 Pkg (227 g) Cremini Mushrooms, sliced
6 Cups thinly sliced stemmed Kale
1 sweet Red Pepper, diced
1 Cup rinsed drained canned Chickpeas
1/2 Cup Vegetable Broth
1/2 Tsp each Salt and Pepper
1 Tbsp Lemon Juice
2 Tbsp sliced Almonds, toasted

In saucepan, bring 2 cups water to boil. Add quinoa; cover, reduce heat and simmer until no liquid remains and quinoa is tender (about 15 minutes).

Remove from heat; let stand, covered for 5 minutes. Fluff with fork. Transfer to platter; keep warm.

Meanwhile, in large skillet, heat oil over medium heat; cook onion, garlic, coriander and cumin, stirring, until onion is softened, about 4 minutes. Add mushrooms; cook, stirring until softened, about 4 minutes.

Add kale, red pepper, chickpeas, broth salt and pepper; cook, stirring, just until kale is wilted and red pepper is tender-crisp, about 4 minutes. Stir in lemon juice.

Spoon over quinoa; sprinkle with almonds.