

Quinoa Mixed Veggies

Ingredients

- 1 cup of dry quinoa
- 1 bag of frozen mixed vegetables(16 oz. bag of carrots and peas is my favorite)
- ½ teaspoon olive oil
- Salt and pepper to taste
- 1 tablespoon lime juice (optional)

Directions

1. Prepare the quinoa-based on the directions on the package.
2. Move to a bowl and drizzle with olive oil to cool.
3. Prepare the entire bag of mixed vegetables, the microwave option will help minimize the heat produced.
4. Drain vegetables and stir into the bowl with quinoa.
5. Season with salt and pepper to taste.
6. Chill for at least thirty minutes before serving.