



Quinoa Lentil Medley

4-6 Servings • 1 Serving = $\frac{1}{3}$ Cup

INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- $\frac{1}{4}$ - $\frac{1}{2}$ small yellow or red onion, finely chopped
- Salt, to taste
- 1 clove garlic, minced
- 2 cups cooked quinoa
- 1 cup cooked lentils (optional: $\frac{1}{2}$ cup green lentils + $\frac{1}{2}$ cup yellow lentils)
- $\frac{1}{2}$ cup parsley, finely chopped
- 2 Tablespoons mint, finely chopped
- $\frac{1}{3}$ cup dill, chopped
- Freshly ground black pepper to taste
- 2 Tablespoons fresh lemon juice or more to taste

DIRECTIONS

1. Heat 1 Tablespoon of the oil over medium-low heat in a large skillet and add onion. Sweat onion until tender and translucent, about 5-8 minutes.
2. Season with salt, add garlic, and continue to cook, stirring until garlic is fragrant, about another minute. Do not let the onion or garlic brown.
3. Add the remaining oil and stir in quinoa and lentils. Add herbs, season with pepper, and stir. Remove from heat add a squeeze of lemon to each serving.

Nutrition Facts	
4-6 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 3mg	15%
Potassium 340mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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