

# Mediterranean Grain Medley

6 Servings • 1 Serving = ½ Cup



## INGREDIENTS

- 2 Tablespoon olive oil
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 1 large onion, diced
- 2 bay leaves
- 2 Tablespoon thyme, chopped
- 2 Tablespoon dried parsley
- 1 cup quinoa
- Salt and pepper, to taste
- Juice of 1 lemon

## DIRECTIONS

1. Heat olive oil in a large pot. Add celery, carrot, onion, bay leaves, thyme, and parsley. Sauté until the vegetables begin to soften.
2. Add quinoa and 2 cups water. Bring quinoa to a boil. Cover the pot and reduce heat to low. Simmer until cooked, about 28 minutes.
3. Remove from heat and let cool for 5 minutes.
4. Remove the bay leaves. Add salt, pepper, and lemon juice.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/2 Cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 51mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 368mg	<b>8%</b>

\*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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