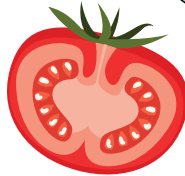
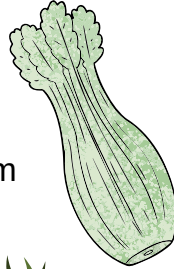
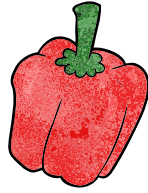


Instant Pot Quinoa & Veggies

Adapted from Super Healthy Kids

Ingredients

- 3 celery stalks
- 1 red bell pepper
- 1 1/2 cups quinoa, uncooked
- 1/4 tsp salt
- 4 cups fresh spinach
- 1 1/2 cups chicken broth, low-sodium
- 2 medium tomatoes
- 1/3 cup pesto
- 1/2 cup feta cheese crumbles
- 1/4 cup almonds, sliced



Per serving: 295 calories, 13g total fat, 3g saturated fat, 6g monounsaturated fat, 3g polyunsaturated fat, 34g carbs, 6g fiber, 13mg cholesterol

Directions

Chop celery and bell pepper into small pieces. Rinse and drain quinoa. Add quinoa, bell pepper, celery, spinach, salt and chicken broth to the Instant Pot. Close the lid and make sure vent is closed. Push the manual button, make sure pressure is on HIGH and reduce time to 1 minute. While the pot comes to pressure and cooks, chop tomatoes. When the pot beeps several times it has finished cooking. Release pressure either manually by carefully opening steam valve or do nothing and allow pressure to release naturally. You will know you can open the pot when the pin to the side of the pressure valve drops. Add tomatoes and pesto to the pot and mix well. Serve warm or cold topped with feta cheese and almond slivers. Makes 6 servings.



Quinoa: A Healthy Whole-Grain

- Pronounced KEEN-wah.
- Grows on large stalks and the seeds can be multiple colors such as red, purple, green, yellow or black.
- Rinse uncooked quinoa with water before cooking and remove the outer coating, called saponin, that grows to ward off pests.
- Contains all nine essential amino acids and is gluten-free.
- Excellent source of magnesium.
- High in fiber.
- Great source of protein.
- Good source of zinc, iron and folate.
- Nutty taste that works well in savory or sweet dishes.