

PERUVIAN QUINOA RISOTTO, QUESO, FAVA BEANS, (QUINOTTO)

Serving size: ½ cup

Makes 18 servings

- 2 ½ cup Vegetable Broth, Low Sodium
- 1 ½ cup Quinoa, Dry
- 1 tsp Canola Oil
- ½ cup Onions, Diced
- ¼ cup Red Bell Peppers, Diced
- ¼ cup Yellow Bell Peppers, Diced
- 2 tsp Garlic, Minced
- ¾ cup Corn Kernels
- 1 cup Fava Beans
- 2 tbsp Butter, Diced
- ½ tsp Salt
- 2 tbsp. Queso Fresco

Preparation:

1. Combine quinoa and 1 2/3 cup of vegetable broth in a pot over medium high heat. Bring broth to a boil and cover. Turn off heat and allow quinoa to cook. Reserve remaining broth for step 2 of recipe)
2. Heat oil in a skillet. Add onion and cook until softened. Add red and yellow bell peppers and garlic, sauté for 2 minutes. Add quinoa and remaining vegetable broth. Cook for 3 minutes or until 75% of broth has been absorbed.
3. Stir in the corn and fava beans and continue cooking until heated through.
4. Stir in butter and salt until butter is melted. Add queso fresco and stir to incorporate. Serve hot.

Registered Dietitian Approved!

NUTRITION FACTS PER SERVING	
calories	130
total fat (g)	4
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	400
total carbohydrate (g)	18
dietary fiber (g)	3
sugar (g)	1
protein (g)	5