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Prevent and Protect  
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## **QUINOA WITH VEGETABLES AND HERBS**

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- 1 cup quinoa
- ½ tsp kosher salt, divided
- 2 tablespoons olive oil
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 1 medium zucchini, chopped (about 2 cups)
- 3 carrots, peeled and chopped (about 1 ½ cups)
- 2 tsp fresh thyme or oregano (optional)
- ¼ tsp crushed red pepper flakes
- ¼ tsp ground black pepper
- 1 tablespoon chopped chives

- Rinse quinoa in a strainer. In a heavy-bottomed saucepan, bring quinoa, 2 cups water, and ¼ teaspoon of salt to a boil. Cover, reduce heat, and simmer until quinoa absorbs the water, about 10-15 minutes.
- Meanwhile, heat oil in a large skillet over medium-low heat. Add onion; cook until soft and translucent, about 5 minutes. Raise heat to medium-high and add garlic, zucchini, carrots, thyme or oregano (if using), and red pepper flakes. Sauté, stirring frequently, until vegetables are tender and golden around the edges, 8-10 minutes. Season with ¼ teaspoon each salt and black pepper.
- In a large bowl, mix together quinoa, vegetables, and fresh chives and serve.