

Tatsoi Sauté with Quinoa

1 cup rinsed quinoa
2 cups water
2 T extra virgin coconut oil
1 sweet onion, julienne cut
1 red bell pepper, julienne cut
2 cups fresh tatsoi, chopped
salt and pepper, to taste

Bring water and quinoa to a boil. Cover and turn down to simmer for 12 minutes until water is absorbed.

In large sauté pan, heat coconut oil on medium high. Add onions and cook for 1 minute before adding bell peppers for an additional 2 minutes. Add chopped tatsoi and toss. Cover pan for 1-2 minutes or until tatsoi is wilted.

Toss cooked quinoa with vegetables and season with salt and pepper to taste.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN