

Quinoa Upma

Ingredients

1 cup quinoa
2 cups diced mixed vegetables
1 T ginger, finely diced
1-2 green chilies, jalapeno, or 1/4 cup green bell pepper, finely diced
1 lemon or lime, juiced
Cilantro, chopped
Salt, to taste

Method:

Cook the quinoa according to directions and set aside.
Sauté diced vegetables until tender, then mix with the cooked Quinoa. Add lime juice, cilantro, salt and a sprinkle of dry roasted cumin.

Recipe by Garden Chef Shobha Swamy



ATLANTA BOTANICAL GARDEN