

# Roasted Veggies and Quinoa

Recipe By Rivky Kleiman



Cooking and Prep:  1 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,  
Pescetarian, Gluten Free, Low  
Carb

Source: ArtScroll

My family and I have been quinoa fans for quite some time. I always prepare a large batch of this great parve side dish to keep on hand. It's a great snack from the fridge, a healthy school lunch at room temperature, and a fabulous and trusted Yom Tov side dish.

## Ingredients (20)

### Quinoa

1 cup quinoa

2 cups broth or 2 cups water + 1 packet Lipton Ranch for Soup and Dip Mix

### Roasted Vegetables

1 red bell pepper

1 yellow bell pepper

- 2 zucchinis, halved lengthwise
- 1 eggplant, halved lengthwise
- 1 red onion, cut into 1/2-inch rounds
- 3 tablespoons olive oil
- 1 tablespoon **Haddar Kosher Salt**
- 1/2 teaspoon black pepper

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## Dressing

- 2 cloves garlic, crushed or 2 cubes **Gefen Frozen Garlic**
  - 1/3 cup olive oil
  - 2 tablespoons lemon juice
  - 2 tablespoons pure maple syrup
  - 2 teaspoons **Reine de Dijon Mustard**
  - 1 teaspoon dark brown sugar
  - 1 teaspoon dried basil
  - 1 teaspoon dried parsley flakes
  - 1/2 teaspoon **Haddar Kosher Salt**
  - 1/4 teaspoon black pepper
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## Start Cooking

### Prepare the Quinoa

1. Place quinoa and broth into a medium pot. Bring to a boil over medium-high heat. Cover; simmer for 15 minutes.
2. Remove from heat. Rest five minutes. Uncover, fluff with a fork. Transfer to a large bowl.

### Prepare the Vegetables

1. Preheat oven to broil. Line a baking sheet with Gefen Easy Baking Parchment Paper. Coat

with cooking spray.

2. Slice one-fourth inch from the top and bottom of each pepper. Remove and discard core and seeds; cut each pepper into four pieces. Lay flat on prepared baking sheet.
3. Using a sharp paring knife, cut a one-inch dice pattern into the flesh of the eggplant and zucchinis, being careful to cut down one-fourth inch but not through the skin. Place eggplant and zucchinis flesh-side up onto the baking sheet. Place onion slices on baking sheet.
4. Smear olive oil over all the vegetables, brushing additional oil over the eggplant, which is more absorbent. Sprinkle with salt and pepper. Place baking sheet on middle shelf of oven; broil for 10 minutes. After 10 minutes, turn over all vegetables; broil for five more minutes. Remove from oven; let cool.
5. Once vegetables are cool enough to handle, scoop eggplant flesh out of skin and cut into one-inch chunks, using cut marks as a guide. Slice zucchinis and peppers into one-inch pieces; quarter each onion round. Add vegetables into prepared quinoa.

### Prepare the Dressing

1. Whisk together all dressing ingredients. Pour over quinoa and roasted vegetables. Toss before serving.

#### Note:

This refrigerates beautifully and can also be served room temperature.

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