

Whole Grain Lunch/Dinner Recipe

Slow Cooker

Quinoa with Broccoli, Swiss Chard and Leeks



Ingredients:	Approx. Cost:*
1 bunch Swiss Chard	\$2.49
8 oz frozen broccoli (from 10 oz bag)	\$2.59
1 medium leek (from 1 bunch)	\$3.99
1- 14 oz can chicken broth**	\$1.09
8 oz button mushrooms	\$1.99
Quinoa (10 oz from 26 oz bag)	\$6.00
Seasonings: vegetable oil, brown sugar, red pepper flakes, ginger powder	\$1.00***
Total:	\$19.15

of servings: 8. Cost per serving: \$2.39

*Based on Peapod's on-line pricing.

**watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

***Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Trim ends of Swiss chard stems, slice thinly then coarsely chop(should equal 6 cups). Slice leeks thinly, and swish in a bowl of cold water to remove grit. Place chard, leeks, broccoli, chicken broth, vegetable oil, brown sugar, red pepper flakes, ginger powder, mushrooms(optional), and quinoa in slow cooker and cook for 2 hours on high, or 3 1/2 hours on low, until vegetables are crisp tender and quinoa is soft and fluffy, not mushy.

Substitute vegetable oil with sesame oil and drizzle on top right before serving if desired

Nutritional Information per 1 cup serving

Calories	192
Total Fat	5.3 g
Saturated Fat	0.6 g
% of daily total	2.7 %
Carbohydrates	31 g
Protein	8
Fiber	6 g

		% of daily total
Vit A	61	%
Vit C:	60	%
Calcium:	12	%
Iron	35	%
Good source of*	Vitamin A, B vitamins, Vitamin C, Calcium, Iron, Vitamin E, Magnesium, Potassium, Zinc	
*(10% or more of the RDA)		

based on 2000 calorie diet

