



Recipes (Sides)

Cilantro Lime Quinoa

Ingredients:

- 2 cups vegetable broth
- 1 cup quinoa (drained and rinsed)
- 1 clove garlic (minced)
- 2 tablespoons fresh lime juice
- 1/3 cup chopped cilantro
- salt and pepper to taste



Directions:

1. In a large pot, bring the 2 cups broth to a boil then stir in quinoa. Cook until quinoa is tender and broth is evaporated (about 20 minutes)
2. Pour quinoa into medium bowl and fluff with fork
3. Stir in garlic, lime juice, and cilantro. Then season with salt and pepper to taste.
4. Serve warm and Enjoy!

****Makes 3 servings**

Nutrition Information:

Meal Plan Blocks:

1 serving: 238 calories, 5 grams protein, 35 grams carbs, 8 grams fat

www.healthystepsnutrition.com