

Cajun Quinoa With Okra and Tomato

Source: Tracye McQuirter of 10 Million Black Vegan Women Movement

About the Recipe

229 Calories • 8 g Protein • 6 g Fiber

Side Dish

Ingredients

Makes 4 Servings

- 1 cup (173 g) quinoa
- 1 tablespoon (15 mL) extra-virgin olive oil
- 1/2 medium yellow onion, thinly sliced
- 1 garlic clove, finely chopped
- 2 cups (226 g) sliced okra
- 2 cups (300 g) cherry tomatoes, cut in half
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon sea salt, more to taste
- 1/2 teaspoon dried oregano
- 1 teaspoon fresh thyme
- Cayenne pepper, to taste

Directions

1. Put quinoa in a medium pot with 2 cups of water and bring to a boil. Reduce the heat to low, cover, and simmer until tender and the liquid has been absorbed, 15-20 minutes. Remove from the heat and fluff with a fork.
2. In a large skillet, heat the oil over medium heat. Stir in the onions and garlic and saute until the onions are translucent, 3-5 minutes, stirring often. Add the okra and saute until it starts to brown, about 5 minutes. Add the remaining ingredients and combine thoroughly. Saute for 5 minutes. Gently stir in the quinoa and serve.

Nutrition Facts

Per serving:

Calories: 229

Fat: 6 g

Saturated Fat: 1 g

% Calories From Fat: 25%

Cholesterol: 0 mg

Protein: 8 g

Carbohydrate: 36 g

Sugar: 7 g

Fiber: 6 g

Sodium: 315 mg

Calcium: 84 mg

Iron: 3 mg

Vitamin C: 37 mg

Beta-Carotene: 693 mcg

Vitamin E: 3 mg