

FROM THE KITCHEN OF
AMY DAWS CMT, CST

For Sardine Lovers Only ... a Recipe for any Meal

INGREDIENTS

- 1 cup black quinoa
- 1/2 heads of broccoli
- 1/4 cup onion, sliced
- 1/2 red pepper, sliced
- 2 large handfuls of spinach
- 1 14-oz can of artichoke hearts, drained
- 2 4-oz cans of sardines, drained
- 2 cloves of garlic, minced
- Salt and pepper to taste
- 2 tsp high heat oil, like avocado oil
- olive live oil, to taste

METHOD

1. In a small saucepan, cook quinoa by bringing it to boil in 2 cups of water. After it starts boiling, reduce heat to low and cover. Simmer 15-20 minute or until water is absorbed.
2. While the quinoa is cooking, heat oil in a sauté pan over medium heat. Add broccoli, red peppers and onion to hot oil.
3. When vegetables are almost fully cooked, add garlic and let cook until you smell the garlic.
4. Turn down heat and add artichoke hearts, sardines and spinach. Let cook until spinach is wilted and all ingredients are heated, about 1-2 minutes.
5. Add cooked quinoa to vegetable/sardine mixture. Season with salt and pepper to taste.
6. Serve warm drizzled with a small amount of olive oil.



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