



## Easy Mexican Quinoa Recipe

By: A Fork's Tale at <http://www.aforkstale.com/easy-mexican-quinoa-recipe/>

Recommended by: Jean Mari Etchepare

Serves 4

Prep time: 5 minutes

Cook time: 25 minutes

Total time: 30 minutes

### *Ingredients:*

- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 Santiago F1 pepper, chopped finely
- 1 cup quinoa
- 1 cup chicken broth or vegetable broth
- 15 oz. Black Valentino beans, drained
- 14.5 oz. fire roasted Andiamo F1 tomato
- 1 cups corn canned or frozen
- 1 teaspoon cumin
- ½ lime juiced
- 1-2 small Lady Bug Cherry tomato
- Chopped cilantro for garnish
- Salt and pepper to taste

### *Directions:*

- Sauté the garlic and Santiago F1 in olive oil in a large pan for 1 minute.
- Add in the quinoa, broth, Black Valentino beans, tomatoes, corn, chili and cumin. Stir.
- Bring to a boil, reduce heat to simmer and cover.
- Cook for 20 minutes, checking on it occasionally and stirring.
- Salt and pepper to taste. Top with chopped tomato and garnish with cilantro

## Cool Cucumber Pasta Salad

By: Patty Buskirk of Seeds by Design

### *Ingredients:*

- 8 oz. tube-shaped pasta
- 1 tablespoon vegetable oil
- 2 medium cucumbers, thinly sliced
- 1 medium red onion, thinly sliced
- 1 cup water
- 1 ½ cups granulated sugar
- ¾ cup vinegar
- 1 tablespoon prepared mustard
- 1 tablespoon dried parsley
- ½ teaspoon salt
- 1 teaspoon pepper

### *Directions:*

1. Cook pasta, drain and rinse.
2. Place pasta in a large bowl and stir in oil, cucumbers and water.
3. Combine remaining ingredients; pour over salad and toss.
4. Cover and chill for 3-4 hours, stirring occasionally.
5. Add onion 20 minutes before serving.
- 6.

## Roasted Green Beans with Thyme, Sweet Peppers and Orange

By: Renee Shepherd of Renee's Garden

Serves 6-8

*This flavorful dish will add a whole new chapter to the way you think of everyday green beans. Roasting enhances the flavor combination of beans, orange, sweet peppers and thyme in a subtle way no other cooking method offers.*

### *Ingredients:*

- 5-6 large shallots, coarsely chopped
- 1 ½ lbs. green beans (use half green and half gold or purple if available), tipped and cut into 2 –inch length
- 1 red bell pepper and 1 yellow bell pepper, seeded and cut into thin ¼ inch julienne strips
- 1 small jalapeno or serrano chile, seeded and minced

- 1 heaping tablespoon finely chopped fresh thyme or lemon thyme
- Zest of 1 small orange
- Salt and freshly ground black pepper to taste
- 1/3 cup freshly squeezed orange juice

*Directions:*

1. Preheat oven to 425°F
2. In a heavy roasting pan, combine the chopped shallots, green beans, bell peppers, minced chiles, thyme and orange zest.
3. Add the olive oil and mix to coat the vegetables.
4. Season with salt and pepper to taste.
5. Pour the orange juice over the beans and toss gently.
6. Roast in the oven for 10-12 minutes, stirring once or twice, until vegetables are just tender to your taste. Do not overcook.