

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Caprese Quinoa

From www.howsweeteats.com

This recipe is a great way to utilize the end-of-the-season tomatoes and basil. It calls for homemade basil oil which tastes great drizzled on top, but if you don't have time to make the oil, the dish still tastes great without it!

Makes about 3 cups worth

1 cup uncooked quinoa

16 oz container of grape tomatoes, quartered

$\frac{3}{4}$ cup fresh mozzarella pearls (or just buy a fresh mozzarella ball and cut it into chunks) – You can leave this out if you want to make it dairy-free. It will still be yummy!

10 large basil leaves

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp pepper

1. Prepare quinoa according to directions on box (which is most likely: 2 cups water + 1 cup quinoa, bring to a boil, reduce to a simmer, cover and cook for 15 minutes). Depending on whether you want your quinoa hot or cold (it's great both ways) either let it cool completely or immediately add in the tomatoes, cheese, basil, salt and pepper.
2. Drizzle with 2-3 Tbsp of basil oil over the top and serve!

Homemade Basil Oil

1 cup olive oil

1 1/2 cups packed basil leaves (I used 3 handfuls), coarsely chopped

1. Blend oil and basil leaves in a blender or food processor for 30-60 seconds, just until the two are mixed.
2. Pour mixture into a small saucepan and heat over medium heat, just until bubbles appear around the edges. Heat for about 5 minutes, then remove from heat and let cool completely.
3. Once cool, pour through a fine mesh strainer and press on the basil leaves to release all the oil.
4. Store in an airtight container in the fridge for 2-3 weeks.