



# Vegetable Medley Quinoa Bake

**Servings**

4

**Calories**

180

**Prep Time**

10 minutes

**Total Time**

55 minutes

**Skill Level**

Easy

## Ingredients

- 1 package Mann's Vegetable Medley
- 1 cup quinoa, rinsed, uncooked
- 2 cups water or low sodium vegetable broth
- 2 cloves fresh garlic, minced
- 2 teaspoon Italian seasoning
- 1 tablespoon olive oil
- ½ teaspoon sea salt



## The Method

Preheat oven to 400° F. Combine all ingredients in large casserole dish. Cover and bake for 45 minutes, until vegetables are tender. If not, add more water or broth and cook another 10 minutes.

Remove lid for last 10 minutes to brown tops of vegetables. Serve immediately and enjoy!

### Nutrition Facts

Serving Size: 230g | Servings: 4

#### Amount Per Serving

Calories 180 | Calories from Fat 50 | Total Fat 6g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 360mg | Total Carbohydrate 28g | Dietary Fiber 4g | Sugars 3g | Protein 6g | Vitamin A 120% | Vitamin C 70% | Calcium 4% | Iron 15%