

Tomato & Thyme Quinoa

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 cups Cherry Tomatoes (cut in half)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1 cup Quinoa (uncooked)
- 2 cups Water
- 1 tbsp Thyme (chopped)
- 1 1/2 tbsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	258	Carbs	30g
Fat	13g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the tomatoes cut side up. Drizzle with half the extra virgin olive oil and sea salt and cook for 10 minutes. Remove, flip the tomatoes and place back in the oven for 12 to 15 minutes.
- 02 Meanwhile, combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 13 to 15 minutes or until the water is absorbed.
- 03 Add the quinoa to a large bowl along with the tomatoes and thyme. Add the remaining extra virgin olive oil and lemon juice. Toss to combine. Serve and enjoy!