



2495 Caring Way, Suite C  
Port Charlotte, Florida 33952  
doctordulaney.com

Jaimela J. Dulaney, M.D., PA

*Our Heart "Beets" Plant Strong*

Jami Dulaney, M.D.

Office: 941-235-9231  
Fax: 941-235-9236  
info@doctordulaney.com

## Lemon-Garlic Mediterranean Quinoa

### Ingredients:

- 1 ½ c uncooked quinoa
- 6 cups water
- 1 ½ cup of thinly sliced Kale leaves, packed
- 2 cloves garlic pressed
- 1 (15 oz.) can of white beans, drained and rinsed
- 2 roma tomatoes, diced
- ½ cup of kalamata olives, sliced
- 2-3 Tbsp of fresh lemon juice
- Black pepper to taste

### Directions:

1. In a small stockpot, bring the water to a boil. Add quinoa and boil for 14 minutes, adding in sliced kale during the last 5 minutes.
2. Drain well in a fine mesh strainer and transfer to a large bowl.
3. In a small saucepan, heat 1/8 cup water and add garlic. Cook & stir frequently for 1 minute. Add sauteed garlic over the warm quinoa.
4. Add in remaining ingredients, stir well to combine.
5. Serve warm.