

Quinoa and Veggie Sheet Pan Dinner

Ingredients:

1 1/4 cup quinoa
8 cups assorted vegetables
1/2 red onion
1 can beans
3 1/2 cup vegetable broth
1 1/2 tablespoon balsamic vinegar
1 tablespoon Dijon mustard
1 teaspoon dried thyme
Salt and pepper to taste

Steps:

- Preheat oven to 400 degrees
- Chop up all vegetables to desired thickness
- Add all dry ingredients and vegetables to a sheet pan and distribute evenly
- Carefully pour the vegetable broth on top of the mixture
- Season how you like (can use seasonings in this recipe or make up your own)
- Cook for 20 minutes covered, then uncover and cook for an additional 20 minutes
- Stir when finished and enjoy!

