

Quinoa & Spinach Soup

Serves 6

1 medium sweet onion, diced (1 1/4 cups)

3 cups low-sodium vegetable broth

3/4 cup quinoa

1 14.4 oz. can diced tomatoes with basil, garlic, and oregano

10 oz. spinach leaves

Coat large saucepan with cooking spray, and heat over med. Add onion, and sauté 5 min, or until soft.

Stir in tomatoes, quinoa, broth and spinach leaves. Simmer 15 min, uncovered, or until spinach and quinoa are tender. Sea salt and cayenne pepper to taste.

For more nutrients add 2 cups of your favorite frozen vegetables.