



# Lime Garlic Vegetable Goodness

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*Submitted by PEHP Member Deborah D.*

## **Ingredients:**

½ cup raw unsalted cashews  
2 tsp coconut oil  
¼ cup chopped onion  
2 cloves garlic, minced  
1 cup sliced fresh mushrooms  
1 cup zucchini chunks  
1 cup cooked red quinoa  
½ of a lime  
Sea salt, to taste

## **Steps:**

- In a medium skillet over medium heat, melt coconut oil. Add cashews and toast, stirring constantly, until fragrant, about 1 minute.
- Add onion and garlic and stir. Once onion begins to brown, add zucchini and stir often.
- After about 3 more minutes, add sliced mushrooms, continuing to stir. Once mushrooms are tender, stir in quinoa and heat until warmed through.
- Removed from heat, squeeze the lime over the skillet, and season lightly with salt.

*Tips from the Test Kitchen: Canola oil can be used in place of coconut oil. If you don't prefer cashews, walnuts would be a great substitution.*