

Quinoa & Purple Beans

1 C. Quinoa	3 T. Soy Sauce
2 C. Chicken Stock	1 t. Sesame Oil
1 lb Purple (or Green) Beans, cut in half & cleaned	3 Dashes of Franks Red Hot
1 Large Carrot, cut into matchsticks	Pinch Cayenne Pepper
3 T. Rice Wine Vinegar	Salt & Pepper to taste

Bring a large stock pot of water to a rolling boil. While waiting for the water to boil, start the quinoa according to package directions using the chicken (or vegetable) stock instead of water. Throw the beans and carrots into the boiling water and cook until tender. While the veggies are cooking, whisk the remaining ingredients in a large bowl to create the dressing. When the veggies are tender, place them into the bowl with the dressing and toss to coat. Serve on top of the quinoa.

Serves 4