Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

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305 West Kathleen, Coeur d’Alene, ID 83815

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Crunchy Sugar Snap Pea Quinoa Bowl

INGREDIENTS:
1 Cup dry quinoa
2 Cups water
1 Cup sugar snap peas
1 Cup carrots, peeled and shredded
1 Cup tomatoes, chopped
1/4 Cup red onion, chopped
1/2 Cup low-sodium sunflower or pepita seeds
2 Tablespoons fresh lemon juice
1 Tablespoon honey
1/3 Cup extra virgin olive oil
1/4 teaspoon black pepper

Makes 4 servings.

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Directions:
1. Wash peas, carrots, tomatoes, and onion. Peel and shred carrots. Chop tomatoes and onion.
2. Bring water and quinoa to a boil in a pot over medium high heat. Cover and reduce heat to low. Simmer until water is absorbed and quinoa is soft, 12-15 minutes.
3. Prepare vinaigrette: combine lemon juice, honey, olive oil, and pepper, and whisk with a fork until emulsified.
4. Combine the cooked quinoa, vegetables, and seeds in a bowl. Toss with the vinaigrette. Add pepper and lemon juice, to taste. Enjoy!