

## Five Treasure Quinoa

Try a variety of nuts, seeds, and dried fruit to suit your palate.

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 each	Onion, medium dice	1 each
1 cup	Quinoa	177 g
1/2 cup	White Wine, dry	118.3 mL
1 1/2 cup	Vegetable Stock or Water	354.9 mL
1 each	Rosemary Sprig, fresh	1 each
2 Tbsp	Raisins	18.6 g
2 Tbsp	Apricot, dried, chopped	16 g
2 Tbsp	Almonds, sliced	10.7 g
1/2 cup	Green Onion, thinly sliced	50 g
3 cups	Spinach, stemmed	90 g
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1/4 cup	Parsley, fresh, finely chopped	14.4 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Heat oil in small pot over medium-high heat. Once, hot add the onion and cook until translucent and soft, 3-4 minutes.
3. Add quinoa, wine, stock, rosemary sprig, raisins, and dried apricots. Bring to boil. Cover and reduce heat to simmer for about 15 minutes or until quinoa is soft and all liquid is absorbed.
4. While quinoa is cooking, toast almonds until golden brown, about 5 minutes, in a small pan over medium-high heat, stirring frequently.
5. Once quinoa is tender, remove rosemary spring. Combine quinoa with remaining ingredients and almonds. Gently toss and serve.

**\*\*Nutrition Facts on Reverse**

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	<b>6</b>
<b>Calories</b>	182
Calories from Fat	45
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	102 mg
Carbohydrates	26 g
Dietary Fiber	4 g
Sugars	5 g
Protein	6 g
Vitamin A	39 %
Calcium	5 %
Vitamin C	21 %
Iron	11 %
Phosphorus	165 mg

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