



Quinoa Pilaf

A great higher fiber and higher protein alternative to rice pilaf. A variety of vegetables, spices, or dried fruit can be substituted or added to this recipe.

| U.S. | | Metric |
|-------------|---------------------------|---------------|
| 1 cup | Quinoa | 113 g |
| 2 tsp | Olive oil | 10 mL |
| 1/2 each | Onion, yellow, small dice | 1/2 each |
| 3 cups | Chicken Stock | 711 mL |
| 1/2 tsp | Salt | 3 g |
| to taste | Black Pepper | to taste |
| 2 tsp | Onion powder | 6 g |
| 2 tsp | Garlic powder | 6 g |
| 3/4 tsp | Turmeric | 6.75 g |
| 3/4 tsp | Dried parsley | .75 g |
| 2 tsp | Lemon juice | 10 mL |

Preparation:

1. Gather all ingredients and equipment.
2. Rinse quinoa under cold water in a fine mesh strainer.
3. In a medium pot over medium heat add olive oil. Add onions and saute until translucent.
4. Add all remaining ingredients to the pot of sauteed onion. Turn heat to medium high and bring to a
5. When liquid comes to a boil reduce heat to medium. Cover and allow to simmer for 20 minutes or until all the liquid has evaporated.
6. Serve 3/4 cup warm or cold.

Nutrition Facts

4 Servings

Serving size 3/4 cup

Amount per serving 3/4 cup

Calories 190

Calories from Fat 45

Total Fat 5 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

Cholesterol 0 mg

Sodium 240 mg

Total Carbohydrate 31 g

Dietary Fiber 4 g

Total Sugars 1 g

Includes 0 g Added Sugars

Protein 7 g

Vitamin D 0 %

Calcium 4 %

Iron 10 %

Potassium 9 %

Phosphorus 210 mg