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.

**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

**Nutrition Facts on Reverse**
### 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