



QUINOA VEGETABLE PILAF

Makes 6 servings.

This nutritious, tasty dish pairs well with fish, poultry, meat or can be served by itself.

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 carrots, peeled, coarsely chopped
- 1½ cups quinoa
- 2 cups vegetable broth
- 1 cup tightly pack flat leaf parsley, finely chopped
- 1 cup frozen sweet peas, thawed
- 1-2 tablespoons lemon juice
- Kosher salt

PREPARATION

1. Heat the oil in a medium saucepan. Add the onion, garlic and carrots. Sauté for about 5 minutes.
2. Add the quinoa and stir until the quinoa is lightly browned, about 5 minutes.
3. Add the vegetable broth, bring to a boil, lower the heat, cover and simmer for about 20 minutes. Stir from time to time.
4. Add the parsley, the peas, lemon juice and salt. Fluff with a fork and season to taste with lemon juice and salt.