



Meryl

refreshingly healthy

Quinoa & Caramelized Shallots

Ingredients:

1/2 c. Quinoa grain
1 tbsp Shallot, raw, chopped
8 oz Chicken or Vegetable Broth
1/8 tsp Sea Salt
1 tbsp Olive Oil

Recipe Directions:

Be sure to rinse the grain before you add it to the pan.

Heat sauté pan just until warm and add quinoa. Do NOT add any oil or liquid at this point. Toast the quinoa until it begins to turn a light brown color. You will begin to hear it “pop” in the pan.

Add chicken or veggie broth and salt, bring to a boil. Reduce heat and cover for 20 minutes.

Meanwhile, add olive oil to sauté pan, and heat.

Add shallots and sauté, stirring often, shallots begin to caramelize (they should look dark brown in color.)

Remove from heat, set aside until Quinoa finishes cooking.

When Quinoa is done, remove from heat, stir in shallots and serve.

Variation: May add other vegetables to Shallot pan, such as Zucchini, Squash, Mushrooms, Sun- Dried Tomato, or any green leafy vegetable.