



refreshingly healthy

## Quinoa Pilaf

### Ingredients:

- 1 cup Quinoa, Organic
- 1 3/4 cup Water
- 1/2 tsp Sea Salt
- 2 tbsp Olive Oil
- 3 tbsp Shallots, minced, chopped
- 1 small Carrot, peeled and cut into 1/4" dice, small (5 1/2" long)
- 1 strip Celery, minced, 4" long
- 1/2 medium Red Pepper, seeded and finely diced, 2.75" long, 2.5" dia
- 1/2 medium Green Pepper, seeded and finely diced, 2.75" long, 2.5" dia
- 1/2 cup Green Peas, Frozen
- 1/4 cup Parsley, fresh, chopped



### Recipe Directions:

- \*1. Toast Quinoa in a 10" skillet over medium-high heat until fragrant; Stir occasionally until the grain is nearly dry. Then stir constantly to ensure even browning, about 5 additional minutes.
- \*2. Add 1 - 3/4 cups boiling water to a saucepan. Add quinoa and 1/2 tsp salt; bring back to a boil. Lower heat, cover and simmer until quinoa is tender (grains have burst open), about 15-20 minutes.
- \*3. In a large skillet over medium-high flame, heat oil with shallots. When oil is hot and shallots smell aromatic (about 2 minutes), add carrot and sauté 2 minutes longer. Stir in celery, red and green peppers and sauté until vegetables are crisp-tender. Add peas and combine.
- \*4. Add hot Quinoa to the vegetables; season to taste with salt and pepper and combine well. Stir in Parsley or thyme leaves and serve immediately.

### Nutrient Analysis:

Calories: 212.72      Protein: 6.13 g      Carbs: 29.28 g      Total Fat: 9.08 g  
 Sat Fat: 1.04 g      Cholesterol: 0.00 mg      Sodium: 337.90 mg      Fiber: 4.05 g

Serves 4 • 1/4 of recipe