

Quinoa Pilaf

Cooking quinoa is similar to cooking white rice. This is a flavourful way of cooking this healthy grain.

Ingredients:

1 tablespoon vegetable oil
½ cup onion, diced
4 cloves garlic, minced
2 carrots, diced
1 cup quinoa, rinsed a few times
2 cups vegetable or chicken broth (or water)
¾ cup chopped walnuts or other nuts/seeds (optional)
¼ cup parsley, chopped
Chopped green onions for garnish (optional)

Directions:

Heat oil in a saucepan over medium heat.

Cook onion and garlic for 5 minutes or until translucent.

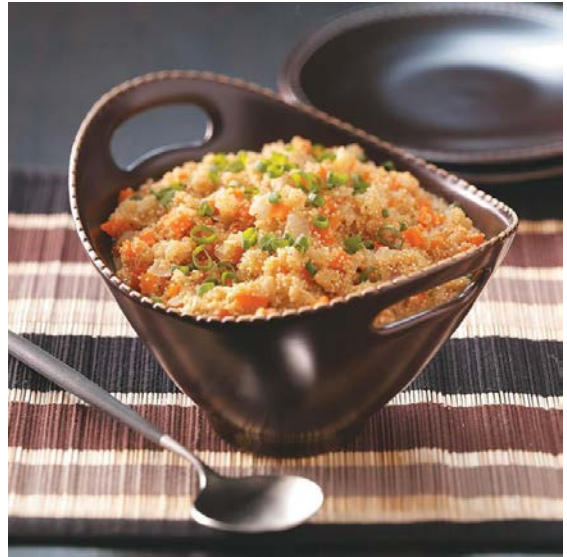
Add carrots and cook for 3 minutes more.

Stir in quinoa and broth. Bring to a boil.

Reduce heat to a simmer, cover and cook for 15 to 20 minutes, until quinoa is tender and fluffy.

Toss quinoa together with walnuts and parsley.

Enjoy!



Notes:

- Quinoa is available in several different colours; it can be blond, brown, red or black.
- You can substitute some white rice for quinoa and have a speckled grain dish. Cooking time is the same.
- Quinoa originated from South America, and continues to be grown in Peru and Bolivia. Some is now grown in Canada as it's a very popular grain.

