

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Toasted Quinoa Pilaf

Makes 4 (1/2 cup) servings

Quinoa is a nutrient-rich grain that is high in protein, containing the 9 essential amino acids. It has a nutty flavor and cooks up in minutes. Use in place of rice or pasta as a side dish, in soups or salads or as a main course.

Ingredients:

- 1 cup quinoa
- 1 tablespoon canola or olive oil
- ¼ cup diced onion
- 2 tablespoons minced celery
- 2 tablespoons minced carrot
- 1 clove garlic, minced
- 1 sprig thyme (optional)
- 1 ½ cup broth – vegetable, chicken or beef (low sodium preferably) – or water
- Pinch each salt and ground pepper

Directions:

1. In a medium sauce pan, heat the oil over medium-high heat. Add the quinoa and “toast”, stirring often, until it slightly browns and has a nutty aroma - about 3-5 minutes.
2. Add the onion, celery, carrot and garlic and “sweat” (or cook) until tender, about 2 minutes, do not brown.
3. Add the stock, thyme, salt and pepper. Bring to a boil then reduce heat and simmer, covered, for 12-15 minutes, or until the grain is tender and the liquid is absorbed. Remove from heat to rest for 5 minutes. Fluff with a fork and serve.

Nutritional Information per serving:

Calories: 190	Cholesterol: 0mg
Total Fat: 6g	Carbohydrates: 28mg
Saturated Fat: 1g	Dietary Fiber: 3g
Protein: 6g	Sodium: 247mg