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 is 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