



## Toasted Quinoa Pilaf

8 Servings • 1 Serving = 1/2 Cup

Recipe developed by Connie Guttersen, RD, PhD

### INGREDIENTS

- 2 Tablespoons olive oil
- 2 cups quinoa, rinsed and drained
- 1 cup onion, diced
- 1 Tablespoon garlic, chopped
- 4 cups water or vegetable stock
- Salt and freshly ground black pepper, to taste

### DIRECTIONS

1. Heat a small saucepan over medium heat. Add olive oil and quinoa. Stir to toast the quinoa. It will start to pop like popcorn and have a slightly nutty aroma. Add onion and garlic and stir until aromatic.
2. Add water or stock and bring to a boil. Season with salt and pepper. Reduce heat to low, cover tightly, and cook for 28 minutes.
3. Remove from heat, let sit for 4 minutes, and fluff with a fork.

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 32mg	<b>2%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 33mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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