

Quinoa Pilaf

Ingredients

1/2 c Quinoa
1 c Chicken Broth
2 t Olive Oil
1 Onion (chopped, small)
3 T Pine Nuts
2 T Parsley (chopped)
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Add quinoa and broth to rice cooker. Cover and let cook until quinoa absorbs liquid, about 15 minutes.
2. In a medium skillet over medium high heat, add pine nuts. Toast until golden brown, about 2 minutes. Transfer to a small dish.
3. Heat oil in the same skillet over medium-high heat. Add onion; cook, stirring occasionally, until onion begins to brown, about 6 minutes, set aside.
4. When quinoa is done, fluff with a fork and transfer to a serving bowl. Stir in onion, pine nuts, and parsley. Season with salt and pepper.