

Quinoa Pilaf

Ingredients

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

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 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 heat. Add onion and garlic; 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, lemon, and parsley. Season with salt and pepper.