

Recipe for

Quinoa Pilaf w/ Peas



INGREDIENTS

SERVES 4

PREP TIME/TOTAL TIME

NUTRITION INFORMATION

Total Calories 858 calories
Fat 11.6 g
Protein 37.6 g
Carbohydrates 154.7 g
Fiber 31.5 g

- 1 cup of white quinoa
- 1/2 medium sized onion
- 1 cup of peas
- 1 cup mushrooms
- 1 cup of green beans
- 2 tsp freshly grated ginger root
- 1/2 tsp cumin seeds
- 1 tsp turmeric
- 1 tbsp lemon juice
- 1/2 tbsp salt

DIRECTIONS

Step 1: Place large pan (with lid) over medium heat. Once heated, add 3-4 tablespoons of water. Then add 1/4 tsp of cumin seeds, followed by onions. Saute the onions and the cumin seeds for about 1-2 minutes.

Step 2: Add grated ginger followed by 3 cups of vegetables Add any raw veggies first, frozen or canned last. Saute for additional 3-4 minutes.

Step 3: Add 1 cup of dry quinoa and 1 1/2 cup of water. Cover the pan and leave on medium heat for 10-12 minutes. Check the quinoa, may be entirely cooked or nearly cooked. If needed, cover the pan again and place on LOW heat for another 5-6 minutes

Add 1/2 tsp of salt and 1 tbsp lemon juice prior to serving

