

Vegetable Quinoa Pilaf

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1½ tablespoons extra virgin olive oil

½ onion, diced

3 carrots, chopped

1 clove garlic, minced

1 red bell pepper, chopped

3 green onions, chopped

1½ cups quinoa, rinsed

3 cups low sodium vegetable broth

Pinch of salt and pepper

¼ cup chopped fresh parsley

Directions

1. Heat the oil in a saucepan over medium high heat.
2. Sauté the onions, carrots and garlic for 3 minutes.
3. Add the peppers and sauté for 3 minutes more.
4. Stir in the green onion, quinoa, and vegetable broth, salt and pepper and bring to a boil.
5. Reduce to a simmer, cover, and cook 15 to 20 minutes, or until quinoa is tender and fluffy.
6. Toss the quinoa together with the parsley and serve.

Exchanges per serving:

2 Starches, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 215

Calories from fat: 54

Total Fat: 6g

Cholesterol: 0mg

Sodium: 112mg

Total Carbohydrate: 34g

Dietary Fiber: 5g

Protein: 7g