Michele Sodon

NUTRITION PER SERVING:

CALORIES	341
PROTEIN	8 G
CARBOHYDRATE	35 G
TOTAL FAT	20 G

PREP TIME:	15 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF BATCH

INGREDIENTS:

1½ C	QUINOA, PRE-RINSED OR RINSED
1 2/3 C	LOW SODIUM CHICKEN BROTH (BEST QUALITY SUCH AS SWANSON), OR VEGETABLE BROTH
3 TBSP	EXTRA VIRGIN OLIVE OIL, DIVIDED
1	SMALL YELLOW ONION, FINELY CHOPPED
2	SMALL CARROTS, PEELED AND DICED
3/4 TSP	DRIED THYME
4 OUNCES	SHIITAKE MUSHROOMS, STEMMED AND THINLY SLICED
2	CLOVES GARLIC, MINCED
1/3 C	CHOPPED PECANS, TOASTED IF DESIRED
1/4 C	CHOPPED FRESH PARSLEY
	SALT AND GROUND BLACK PEPPER

Copyright 2020, AIR, Inc. All rights reserved.

QUINOA CAKES
WITH LEMON, OLIVE & PARSLEY

QUINOA ALL GUSSIED UP AS A SIDE DISH!

01 Combine quinoa and chicken broth in a medium sauce pan. Bring to a boil, then turn heat down to low, cover and simmer until quinoa is cooked, about 15 minutes.

02 In the meantime, heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onions and cook, stirring occasionally, until they start to soften, 2-3 minutes.

03 Add the carrots and thyme and cook until the carrots are just tender, 5-7 minutes.

04 Add remaining tablespoon of olive oil, along with mushrooms and garlic. Cook, stirring constantly, until mushrooms are cooked through, a few minutes. Season vegetables with 1/4 teaspoon salt and freshly ground black pepper to taste.

05 Add cooked quinoa to vegetables and stir in pecans and chopped parsley. Taste and adjust seasoning if necessary. Serve hot or warm.