

Quinoa, Parmesan, Basil

Portion Size: ½ cup

Yield: 8

Ingredients:

Canola Oil	2-1/2 tsp
White Onions, Chopped	2-1/2 cup
Garlic Cloves, Minced	2 tsp
Quinoa, Dry	1-1/4 cup
Low Sodium Vegetable Broth	2-1/2 cup
Kosher Salt	½ tsp
Ground Black Pepper	¼ tsp
Basil, Fresh, Chopped	¼ oz
Parsley, Fresh, Chopped	¼ oz
Parmesan Cheese, Grated	¾ oz

Preparation:

1. Heat oil in a sauté pan. Sweat the onions and garlic until softened. Add dry quinoa and sauté briefly.
2. In a separate oven-safe pot combine vegetable broth, salt and pepper. Bring to a boil. Add quinoa mixture.
3. Cover and place in a 350°F oven. Bake for 25-30 minutes or until quinoa kernels have opened and are tender. Uncover the quinoa and fluff with a fork.
4. Combine basil, parsley and parmesan cheese and mix into quinoa.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
140	5	21	2	< 1 g	4	1	200



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