

Quinoa with Parmesan and Basil

Portion Size: ½ cup

Yield: 7

Ingredients:

Quinoa, dry	1 cup
Yellow Onion, diced	½ cup
Olive Oil	2 tsp
Garlic, minced	1 TBSP
Salt	¼ tsp
Black Pepper	1/8 tsp
Vegetable Stock	2 ¼ cup
Parsley, chopped	1 TBSP
Basil, chopped	1 TBSP
Parmesan Cheese, grated	¾ oz

Preparation:

1. Heat olive oil in sauté pan, sweat the onions and garlic until softened. Add quinoa and sauté briefly.
2. In a separate pot combine vegetable stock, salt and pepper, bring to a boil. Add quinoa mixture. Cover and place in a 350F oven. Bake for 25-30 minutes or until quinoa kernels have opened and are tender. Uncover the quinoa and fluff with a fork.
3. Combine basil, parsley and parmesan cheese. 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	4	<1	195

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