



### NUTRITION PER SERVING:

<b>CALORIES</b>	341
<b>PROTEIN</b>	8 G
<b>CARBOHYDRATE</b>	35 G
<b>TOTAL FAT</b>	20 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	¼ OF BATCH

### INGREDIENTS:

- 1½ C** QUINOA, PRE-RINSED OR RINSED
- 1<sup>2/3</sup> 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



## QUINOA PILAF w/ MUSHROOMS, CARROTS, PECANS

### 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.

