

## Spinach and Quinoa Pilaf

Number of servings: 4

Preparation time: 10 minutes

Total time: 30 minutes

### Ingredients:

- 1 tablespoon unsalted butter
- 1 finely chopped small yellow onion
- 1 minced clove garlic
- 1 cup rinsed quinoa
- 1 1/4 cups water
- 5 cups baby spinach (5 ounces)
- 1 tablespoon grated lemon zest
- Salt and pepper

### Equipment Needed:

Cutting board  
Knife  
Large non-stick sauce pan and cover  
Wooden spoon  
Measuring spoons and cups

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### Directions

- In a large saucepan, melt butter over medium heat.
- Add onion and garlic; cook until soft, about 4 minutes.
- Add quinoa and cook 1 minute. Add water and bring to a boil.
- Reduce heat and simmer, covered, until water is absorbed, about 20 minutes. Stir in spinach and lemon zest, then season with salt and pepper.



**This can be served  
with an egg as a light  
main dish, or use it  
as a side dish for  
chicken or fish.**

### Nutrition Facts

Serving Size: 1 cup	
Recipe makes 4 servings	
<b>Calories 206</b>	
Calories from Fat 48	
Amount Per Serving	%DV
Total Fat 6g	10%
Saturated Fat 2g	10%
Monounsaturated Fat 6g	
Trans Fat 0g	
<b>Cholesterol</b> 8mg	3%
<b>Sodium</b> 42 mg	2%
<b>Potassium</b> 576 mg	16%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 4g	17%
Protein 7g	14%
Vitamin A	28%
Vitamin C	24%

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