



Spinach and Quinoa Pilaf

Number of servings: 4 Preparation time: 10 minutes Total time: 30 minutes

Ingredients:

- 2 teaspoons canola oil
- 1 small yellow onion, diced
- 1 clove garlic, minced
- 1 cup dry quinoa, rinsed
- 1 ¼ cups water
- 5 cups baby spinach, washed and torn
- 1 tablespoon lemon, zested
- 1/2 teaspoon black pepper, ground

Equipment Needed:

Cutting board Knife Large saucepan with lid Mixing spoon Measuring spoons Measuring cups

TIP: Always wash fruits and vegetables before using.

Directions

- Heat oil in the saucepan, add onion and garlic and cook until soft, about 4 minutes.
- Add quinoa and cook about 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 pepper.



Serve with an egg as a light dish or use it as a side dish with chicken or fish entrée.



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Nutrition Facts

Serving Size 1 serving (219.27g) Servings Per Container 4

Amount Per Serving

Calories 210	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat	0g 0%
Trans Fat 0g	
Cholesterol Omg	J 0%
Sodium 60mg	3%
Total Carbohydra	ate 33g 11%
Dietary Fiber 5	g 20 %
Sugars 1g	
Protein 8g	
Vitamin A 90%	Vitamin C 40%
Calcium 10%	• Iron 25%
* Percent Daily Values are based on a 2,000 calorie diet.	

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2016

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VCEP-5NP

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