

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
- ½ 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 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **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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