

# Eat Smart • Move More

## Spinach and Quinoa Pilaf

Prep Time: 10 minutes

Total Time: 30 minutes



### Ingredients

- 2 teaspoons canola oil
- 1 onion, finely chopped
- 1 garlic clove, minced
- 1 cup quinoa
- 1 ¼ cups water
- 5 cups baby spinach
- 1 tablespoon lemon zest, grated
- ½ teaspoon ground black pepper

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(184.99g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes g of Added Sugars	
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 68mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 490mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

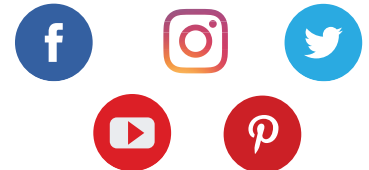
### Directions

- In a saucepan, heat oil over medium heat. Add onion and garlic and 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 black pepper.

### Quick Tips

- ▶ Pair this dish with an egg for a main dish or with chicken or fish as a side dish.
- ▶ Rinsing quinoa helps to remove its natural coating, called saponin. Saponin can make quinoa taste bitter or soapy. Rinsing quinoa in a sieve may work best as the seeds may fall through the holes of a colander.

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(Recipe adapted from: <http://allrecipes.com>.)

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