

Eat Smart • Move More

Pilaf de Espinaca y Quinoa

Tiempo de Preparación: 10 minutos

Tiempo Total: 30 minutos



Ingredientes

- 2 cucharaditas de aceite de canola
- 1 cebolla, finamente picada
- 1 diente de ajo, picado
- 1 taza de quinoa
- 1 ¼ tazas de agua
- 5 tazas de espinaca bebé
- 1 cucharada de ralladura de limón
- 1/8 cucharadita de pimienta negra molida

Nutrition Facts

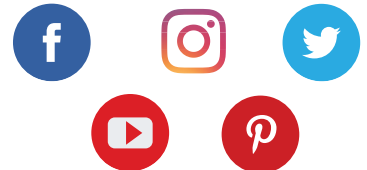
4 servings per container		
Serving size		1 serving
		(184.99g)
Amount per serving		200
Calories		
		% Daily Value*
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrate	32g	12%
Dietary Fiber	4g	14%
Total Sugars	1g	
Includes g of Added Sugars		
Protein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

*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.

Consejos Rápidos

- ▶ Acompañe este plato con un huevo para un plato principal o con pollo o pescado, como plato de acompañamiento.
- ▶ Enjuagar la quinoa ayuda a remover su cobertura natural, llamada saponina. La saponina puede hacer que la quinoa tenga un gusto amargo o jabonoso. Enjuagar la quinoa en un tamiz puede ser mejor para evitar que las semillas se escurran por los agujeros de un colador.

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Preparación

- En una cacerola, calentar el aceite sobre calor medio. Agregar la cebolla y el ajo. Cocinar hasta que se ablande, aproximadamente 4 minutos.
- Agregar la quinoa y cocinar 1 minuto. Agregar agua y llevar a hervor.
- Reducir el calor y hervir a fuego lento, tapada la cacerola, hasta que se absorba el agua, aproximadamente 20 minutos. Verter la espinaca y la ralladura de limón. Luego, condimentar con pimienta negra.

(Receta adaptada de: <http://allrecipes.com>)

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