



## Quinoa Side Dish

Serves: 3-4 as a side dish

### Cooking & preparation tips:

*Don't forget to rinse it well or find a pre-rinsed version. If you miss this, it will turn out bitter.*

*Remember, it's just like cooking rice. 2 parts water, 1 part quinoa. Boil the water, add the grain, turn to a low simmer until water is all evaporated.*

### INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup finely diced red onions
- 1/2 tsp kosher salt
- 1/4 tsp Freshly ground black pepper
- 2 cups chicken or vegetable stock
- 1 cup quinoa, rinsed
- 1/4 cup finely chopped fresh Italian parsley leaves
- 1/4 cup pine nuts

In a 2-quart (or larger) sauce pan, heat the olive oil and then add the onion. Sauté until onion is translucent. Add salt and pepper, and then the chicken or vegetable stock. Bring the mixture to a boil and add the quinoa. Turn the heat down to a low simmer and cook for 25-30 minutes, or until the water is evaporated and quinoa is tender.

In a small sautee pan, heat and toss pine nuts over medium-high heat to gently warm and toast them. Add to quinoa along with the fresh parsley. Fluff and mix with a fork and serve immediately.

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