



Weekly Recipe Challenge



Quinoa with Latin Flavors *(courtesy of EatingWell)*

Cilantro, lime and scallions lend a bright finish to delicate quinoa. This versatile side pairs well with seafood, poultry or pork.

6 servings (1 1/2 Carbohydrate Serving), **2/3 cup each** | **Active Time:** 30 minutes | **Total Time:** 45 minutes



Ingredients

- 1 cup quinoa, (see Note)
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 4-ounce can chopped green chiles
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 cup pepitas, toasted (see Note)
- 3/4 cup coarsely chopped fresh cilantro
- 1/2 cup chopped scallions
- 2 tablespoons lime juice
- 1/4 teaspoon salt

To toast nuts & seeds on the stovetop:

Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Notes: Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating.



Instructions

1. Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes. Transfer to a fine sieve and rinse thoroughly.
2. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add chiles and garlic; cook, stirring, for 30 seconds.
3. Add the quinoa and broth; bring to a simmer.
4. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.
5. Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.



Nutritional Information *(per serving)* Exchanges: 1 1/2 starch, 1 fat

- **Calories** 170
- **Carbohydrates** 23g (Fiber 3g)
- **Cholesterol** 0mg
- **Fat** 6g (1g Saturated Fat; 2g Monounsaturated)
- **Sodium** 330mg
- **Potassium** 355mg
- **Protein** 7g