

Lemon Herbed Quinoa with Toasted Pine Nut



Serves: 6

Recipe developed by Greg Strahm

Quinoa is a great gluten free alternative to Couscous. It is delicious as a base on which to serve fish. I also have substituted the quinoa with Uncle Ben's Long and Wild Rice mixture and prepare exactly the same way.

Cook Time: 25 minutes

Ingredients:

1 cup	quinoa
2 tablespoons	butter,melted
2 cups	water
1/2 teaspoon	dried marjoram
1/2 teaspoon	dried thyme
1/4 teaspoon	dried rosemary, crumbled
2 tablespoons	fresh mint leaves,chopped
2 tablespoons	fresh parsley,chopped
2	scallions,thinly sliced
1	large lemon,juiced
2 teaspoons	lemon zest
1/3 cup	pine nuts,toasted
1/2 cup	golden raisins,optional

| salt and freshly ground black pepper to taste

Directions:

1. Rinse quinoa and drain into a strainer and repeat 2 more times.
2. In a medium sauce pan melt the butter over medium-high heat.
3. Add the rinsed quinoa and cook, stirring, until the quinoa 3 to 5 minutes.
4. Stir in the water and dried herbs.
5. Bring to a boil and then reduce the heat to a simmer.
6. Cover and cook for 20-25 minutes or until liquid is absorbed.
7. Stir in the fresh parsley, mint, and lemon juice, zest, scallions, toasted pine nuts, raisins (if using), salt, and pepper to taste.
8. Fluff with a fork and serve.

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