

Mrs. Strawberry's "Easy Peasy" Quinoa Salad

Ingredients

- 1 cup uncooked quinoa
- olive oil spray
- ½ cup finely chopped sweet onion
- 1 tbsp minced garlic
- 1 ¼ cup low-sodium chicken stock
- ¼ cup pine nuts
- 1 tbsp extra-virgin olive oil
- ¼ cup shredded zucchini (or chopped parsley)
- ¼ cup julienned sweet red bell pepper
- salt and pepper to taste



Instructions

1. Rinse and drain the quinoa. Heat a large saucepan over medium-high heat. Add onion; sauté 1 minute or until tender. Add minced garlic; cook 1 minute, stirring constantly. Add quinoa; cook 2 minutes, stirring frequently.
2. Add chicken stock and bring to boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and the quinoa is tender.
3. While quinoa cooks, heat a large nonstick skillet over medium heat. Add pine nuts to pan; cook 3 minutes or until browned, stirring frequently. Combine quinoa mixture, 1 tablespoon olive oil, zucchini or parsley, red pepper, salt and pepper; toss.

Prep time: **15** minutes
 Cook time: **13** minutes
 Ready in: **28** minutes

Course: Side Dish
 Serving size: ½ cup
 Yield: **6** servings
 Calories: **187** calories per serving

Menu: serve with *Rhubarb's Favorite Chicken Legs* and *Mission Accomplished Grilled Broccoli*; **397** calories per person.