



Recipes

Grains and Pasta

Orange and Walnut Quinoa

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

- 1 1/2 cups dry-roasted quinoa
- 2 navel oranges, zested
- 1/2 cup chopped toasted walnuts
- 2 1/2 cups veggie broth
- 2 tablespoons flat leaf parsley, chopped
- 1 tablespoon extra virgin olive oil

Directions:

1. Rinse quinoa in a fine mesh strainer.
2. Combine broth, oil and quinoa, bring to a boil.
3. Cover and lower heat to low, cooking for 12 minutes.
4. Remove from heat and let stand for 5 minutes.
5. Fluff with a fork and toss in orange zest, parsley and toasted walnuts.

Variations:

Slice zested oranges and serve them after dinner.