

Green Onion Quinoa



Quinoa contains all nine essential amino acids. This dish is a great source of plant-powered protein (and fiber) in a grain-style side dish!

YIELD 7 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
6 each	Green Onions, chopped, with green tops reserved separately
2 cloves	Garlic, fresh, minced
1 cup	Quinoa, dry
2 cups	Vegetable Stock or Water
1 Tbsp	Apple Cider Vinegar
1 each	Lemon, zested and juiced
2 Tbsp	Parsley, chopped
½ tsp	Kosher Salt
⅛ tsp	Black Pepper

CHEF'S NOTES

This versatile dish can stand alone as a side, or you can add a few ingredients to transform it into a meal. Try adding a variety of greens, sugar snap peas, and asparagus to turn this side dish into a tasty spring salad. Add some roasted root vegetables, chickpeas, and apples and you have a hearty autumn dish.

If spring onions or leeks are available, you can substitute them for the green onions for a delicious seasonal dish!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Preheat a medium saucepot over medium heat. Add the olive oil and whites of the green onions. Sauté the onions for 2-3 minutes, until fragrant and lightly browned. Add the garlic and sauté for an additional 30 seconds.
3. Add the quinoa, vegetable stock, and apple cider vinegar, and bring to a boil. Lower the heat and simmer, covered, for 15-20 minutes. When done, remove the pot from the heat and let it sit, still covered, for 5 more minutes. Remove the lid - you will notice a slight "spiral" from the quinoa that happens when the germ separates from the seed. This indicates that it is fully cooked.
4. Transfer the cooled quinoa to a large mixing bowl. Add lemon zest, lemon juice, parsley, salt, black pepper, and reserved green onion tops. Stir well to incorporate all ingredients.

Nutrition Facts

7 servings per container

Serving size 1/2 cup (118g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.4mg 8%

Potassium 200mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

