

Simple Lemon & Parsley Quinoa



This recipe makes a great side dish and can also be used as a base for a grain bowl or added with vegetables to a green salad.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 cups	Vegetable Stock (homemade or low-sodium) or Water
1 cup	Quinoa, rinsed
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground
2 each	Green Onions, thinly sliced
2 Tbsp	Parsley, fresh, chopped
½ each	Lemon, juiced

CHEF'S NOTES

You can customize this recipe with additional herbs and spices – try adding garlic powder, onion powder, or turmeric.

Rinsing the quinoa helps to remove any bitterness. Once cooked, the grain will transform from a seed-like texture to tender and fluffy. You should notice tiny white spirals on each grain, letting you know it's ready.

Quinoa is an ancient whole grain native to South America that's full of fiber. It's also one of the only plant foods that contain all of the amino acids (the building blocks for protein) that our body can't make on its own, making it a nutrition powerhouse.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the stock (or water) and quinoa to a small saucepot. Bring to a boil over high heat.
3. Reduce to a simmer, cover and cook for 15 minutes, until the quinoa is tender and the liquid is absorbed.
4. Remove from the stove and allow to sit, covered for 5 more minutes. Fluff with a fork.
5. Add the sliced green onion, chopped parsley, and squeeze of lemon juice and stir with a fork to combine.

Nutrition Facts

4 servings per container

Serving Size 1/2 cup (173 g)

Amount per serving

Calories 170

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 31g 11%

Dietary Fiber 3g 11%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 30mg 0%

Iron 2mg 12%

Potassium 300mg 7%

*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.

