

Cilantro Lime Quinoa

This quick and easy recipe is perfect to serve as a flavorful side dish with your favorite protein and vegetables. It also makes a great addition to salads, burritos, and grain bowls.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 cups	Vegetable Stock, homemade or low-sodium, or Water
1 cup	Quinoa
1 clove	Garlic, minced
1 each	Lime, juiced
1/3 cup	Cilantro, chopped
1/2 tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

This side dish showcases one of the only plant-based complete proteins, quinoa. Usually only found in animal proteins, complete proteins contain all nine of the essential amino acids our bodies need for a variety of functions. Quinoa is technically a seed, but cooks up light and fluffy like a grain and makes a great protein-packed option for all your favorite grain-based dishes.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small saucepot, add the vegetable stock and quinoa and bring to a boil over medium-high heat.
3. Once boiling, reduce to a simmer, cover, and cook for 15 minutes or until all liquid has been absorbed and quinoa is fluffy. You should notice tiny white spirals on each grain, letting you know it's ready.
4. Remove from the stove and allow to sit, covered for 5 more minutes. Fluff with a fork.
5. Stir in the garlic, lime juice, chopped cilantro, salt and pepper, stirring to combine.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (116g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.3mg 8%

Potassium 180mg 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.

