



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### **Side Dish or Vegetarian Dinner: Hearty Quinoa**

Serves 4 (serving size: 1 cup)

#### Ingredients

- 1 cup uncooked quinoa
- 2 teaspoons olive oil, divided
- 3/4 cup chopped onion
- 3/4 cup finely diced carrot (about 2)
- garlic clove, minced
- 1 1/2 cups vegetable or chicken broth
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups finely diced unpeeled Granny Smith apple (about 1)
- 3 tablespoons slivered almonds, toasted
- 1/8 teaspoon freshly ground black pepper

#### Directions

1. Place quinoa in a fine sieve; rinse under running water until water runs clear. Drain well.
2. Heat 1 teaspoon oil in saucepan over medium-high heat. Add onion, carrot, and garlic to pan; sauté 5 minutes or until onion is tender and carrot begins to brown. Stir in broth, quinoa, salt, and cinnamon; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat. Fluff with a fork; keep warm.
3. Heat remaining 1 teaspoon oil in a nonstick skillet over medium-high heat. Add apple to pan; sauté 7 minutes or until apple begins to brown. Add apple, almonds, and pepper to quinoa, tossing to combine. Serve warm.

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