

Simple Quinoa with Spinach

INGREDIENTS

- 1 cup quinoa
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 2 cups water (or use low sodium vegetable or chicken broth)
- 6 ounces fresh baby spinach
- 1 cup grape tomatoes
- ½ cup walnut pieces, raw
- ½ cup Parmigiano-Reggiano cheese, freshly grated
- Torn fresh basil leaves (optional garnish)



Recipe courtesy of Academy of Nutrition & Dietetics

DIRECTIONS

1. Place quinoa in a small bowl, add water to cover, and swish to rinse. Pour into a fine mesh strainer and drain well (it's important to rinse quinoa).
2. Heat oil in medium skillet. Add quinoa. Toast, stirring, over medium heat until golden, about 10 minutes. Add garlic and cook, constantly stirring for 1 minute. Add water and heat to a boil. Cover over medium heat and let cook until water is absorbed, about 15 minutes.
3. When quinoa is cooked, add spinach and tomatoes directly to skillet. Stir-fry over medium heat until spinach is almost wilted and tomatoes are warmed, about 1 minute. Stir in walnuts and cheese. Garnish with basil leaves, if desired. Serve warm.