

## Quinoa Pilaf

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This is a good basic recipe but change up the veggies, herbs and add some feta or parm and you have a different dish every time!

### Ingredients

- 2 cups chicken stock
- 1 cup Quinoa
- 2 tablespoons olive oil
- ½ cup chopped red pepper
- ½ cup chopped onion
- ½ cup chopped carrots
- ¼ cup sliced or slivered almonds (optional)
- salt and pepper to taste
- Sliced green onion for garnish (optional)

### Instructions

1. Using a fine mesh strainer - rinse quinoa under cold water for a few minutes.
2. In a skillet - heat up olive oil. Add all the veggies and sauté until cooked but not wilted. Add quinoa and cook a few minutes until slightly toasted. Add chicken stock and almonds.
3. Cook covered for about 15-20 minutes or until all the liquid is absorbed.
4. Top with sliced onions and serve.

Recipe by Laughing Spatula at <http://laughingspatula.com/quinoa-pilaf/>

