

Quinoa Side Dish

Ingredients:

- 1 tbsp. olive oil
- 1 cup dry quinoa
- 2 cup low sodium vegetable broth
- 2 tbsp. garlic cloves, chopped
- 2 tbsp. parsley, chopped
- ½ tsp. thyme, chopped
- ¼ tsp. salt
- 1 small yellow onion, finely chopped
- 1 tsp. lemon juice



Nutrition Facts

Serving Size 1/2 cup (113g)
Servings Per Container 7

Amount Per Serving

Calories 120 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g

Vitamin A 2% • Vitamin C 6%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Heat olive oil in saucepan over medium heat. Add the quinoa, and toast, stirring occasionally, until lightly browned, about 5 minutes.
2. Stir in vegetable broth, and bring to a boil. Reduce to a simmer, cover, and cook for 15 minutes or until quinoa is tender.
3. In a bowl, toss quinoa together with garlic, parsley, thyme, salt and onion. Sprinkle with lemon juice, and serve.