



# YOUR LOGO

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## NUTRITION PER SERVING:

<b>CALORIES</b>	341
<b>PROTEIN</b>	8 G
<b>CARBOHYDRATE</b>	35 G
<b>TOTAL FAT</b>	20 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	30 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	¼ OF BATCH

## INGREDIENTS:

<b>1½ C</b>	QUINOA, PRE-RINSED OR RINSED
<b>1½ C</b>	LOW SODIUM CHICKEN BROTH (BEST QUALITY SUCH AS SWANSON), OR VEGETABLE BROTH
<b>3 TBSP</b>	EXTRA VIRGIN OLIVE OIL, DIVIDED
<b>1</b>	SMALL YELLOW ONION, FINELY CHOPPED
<b>2</b>	SMALL CARROTS, PEELED AND DICED
<b>¾ TSP</b>	DRIED THYME
<b>4 OUNCES</b>	SHIITAKE MUSHROOMS, STEMMED AND THINLY SLICED
<b>2</b>	CLOVES GARLIC, MINCED
<b>1/3 C</b>	CHOPPED PECANS, TOASTED IF DESIRED
<b>1/4 C</b>	CHOPPED FRESH PARSLEY
	SALT AND GROUND BLACK PEPPER



## QUINOA CAKES WITH LEMON, OLIVE & PARSLEY

### QUINOA ALL GUSSIED UP AS A SIDE DISH!

- 01 Combine quinoa and chicken broth in a medium sauce pan. Bring to a boil, then turn heat down to low, cover and simmer until quinoa is cooked, about 15 minutes.
- 02 In the meantime, heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onions and cook, stirring occasionally, until they start to soften, 2-3 minutes.
- 03 Add the carrots and thyme and cook until the carrots are just tender, 5-7 minutes.
- 04 Add remaining tablespoon of olive oil, along with mushrooms and garlic. Cook, stirring constantly, until mushrooms are cooked through, a few minutes. Season vegetables with 1/4 teaspoon salt and freshly ground black pepper to taste.
- 05 Add cooked quinoa to vegetables and stir in pecans and chopped parsley. Taste and adjust seasoning if necessary. Serve hot or warm.

