



Quinoa-Fennel Pilaf



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving: calories 110, calories from fat 30, total fat 3g, saturated fat 0g, trans fat 0g, cholesterol 0mg, sodium 30mg, total carbohydrate 18g, dietary fiber 3g, sugars 1g, protein 3g, vitamin A 25%, vitamin C 8%, calcium 4%, iron 10% (salt and pepper not included in analysis)

- 1 cup Arrowhead Mills Quinoa, rinsed and drained
- 1 Tbsp olive oil
- ½ small onion, finely chopped
- 1 small stalk celery, diced
- 1 small carrot, shredded
- 1 small fennel bulb, trimmed, cored, and diced
- 2 cups vegetable stock, or water (water is used for nutrient analysis)
- Kosher salt and pepper to taste

DIRECTIONS:

Rinse quinoa in a fine mesh strainer under cold water.

Place olive oil in a 3 quart saucepan and heat until warm. Add onion, celery, carrot, and fennel and cook over medium heat, stirring occasionally, until onion is softened, 5 to 6 minutes. Add quinoa and sauté, stirring, until lightly toasted, 2 to 3 minutes.

Add stock and salt and pepper to taste and cook over moderately low heat, covered, until quinoa is tender and liquid is absorbed, approximately 15 minutes. The quinoa develops little spirals when done.

Can be molded in a ramekin, inverted on a plate and served with a sprig of fennel leaf.

Tip: Quinoa has a bitter coating and must be well-rinsed before cooking.

Source: Patty James Cooking School and Nutrition Center www.pattyjames.com

visit unitedtexas.com for more recipe ideas

★ Quinoa-Fennel Pilaf ★ Shopping List

PRODUCE:

- 1 small onion
- 1 small stalk celery
- 1 small carrot
- 1 small fennel bulb

WHOLE GRAINS/ BREADS/ PASTA:

- Arrowhead Mills Quinoa

SPICES/SEASONINGS:

- Kosher salt
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Olive oil

FOLD