



Quinoa with Latin Flavors

Source: © EatingWell Magazine

Active Time: 30 Minutes

Total Time: 45 Minutes **6 servings, 2/3 cup each**

Cilantro, lime and scallions lend a bright finish to delicate quinoa. This versatile side pairs well with seafood, poultry or pork.

INGREDIENTS

- 1 cup quinoa (see Note)
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 4-ounce can chopped green chiles
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1/4 cup pepitas, toasted (see Note)
- 3/4 cup coarsely chopped fresh cilantro
- 1/2 cup chopped scallions
- 2 tablespoons lime juice
- 1/4 teaspoon salt

Ingredient Note: Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets.

Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating.

To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes. Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the health-food or bulk sections of many supermarkets.

DIRECTIONS

Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes. Transfer to a fine sieve and rinse thoroughly.

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add chiles and garlic; cook, stirring, for 30 seconds. Add the quinoa and broth; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.

Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.

Recipe reprinted by permission of © EatingWell Magazine. All rights reserved.



[Remove Image](#)

Nutrition Information			
6 servings, 2/3 cup each - Facts Per Serving:			
Calories:	181	Fat. Total:	6g
Cholesterol:	1mg	Sodium:	196mg
Fiber:	3g	% Cal. from Fat:	30%
		Carbohydrates, Total:	27g
		Protein:	7g
		Fat, Saturated:	1g

©1998-2008 Cooking.com