

QUINOA PILAF

Healthy Tips for Living



Yield: Serves 4

Ingredients:

- 1 cup uncooked quinoa
- 4 tablespoons of canola oil
- 1 cinnamon stick or ¼ teaspoon ground cinnamon
- 6-7 whole cloves or ¼ teaspoon ground cloves
- 2-3 bay leaves
- 1 teaspoon cumin seeds
- 3/4-1 tsp. salt
- 2-3 cups frozen vegetables
- 2 cups water or broth of choice
- 1 handful raw cashews (or a protein like chicken, beef, shrimp or tofu)
- Chopped cilantro to taste

Instructions:

1. **Heat** a 12" saucepan pan at medium high. **Add** 4 tbsp. of canola oil to the saucepan. Once the oil is hot (look for ripples in the oil) **add** the cinnamon stick. **Add** 6-7 cloves. **Add** 1 tsp. cumin seeds. **Add** 2-3 whole bay leaves. Once the seasonings are sizzling in the pan **add** 2-3 cups of frozen vegetables. You can use any vegetable that you like. Frozen peas taste great! **Add** 1 handful of raw cashews. You can substitute the cashews with any other type of protein like chicken, beef, shrimp or tofu.
2. Next, **prep** 1 cup of uncooked quinoa by rinsing it in water for about a minute to remove dust and the small husk. **Drain** the rinsed quinoa through a strainer with small holes so you don't lose any quinoa down the drain.
3. **Add** the rinsed quinoa to the saucepan and **add** 2 cups of water (or substitute with beef, chicken or vegetable broth). **Lower the heat** to a simmer and add about 3/4 to 1 tsp. of salt, mix and cover for 20 minutes.
4. **Garnish** with finely chopped cilantro and you are ready to go!

Enjoy!

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