

# TOASTED NUTTY QUINOA

## INGREDIENTS

- 1 C Quinoa (See note below)
  - 2 C Vegetable broth (See note below)
  
  - 2 C Edamame (10 oz frozen bag, shelled, thawed)
  - 1 T Lemon zest (grated)
  - 2 T Lemon juice
  - 2 T Extra virgin garlic olive oil
  - 2 t Tarragon (dried)
  - 1/2 t Salt
  - 1/2 C Red peppers
  - 1/4 C Walnuts (chopped) (toasted or untoasted - your choice)
- Non-stick cooking spray



## COOKING DIRECTIONS

- 1 Spray saute pan with non-stick cooking spray & cook red peppers
- 2 Toast the walnuts in a small saute pan over medium-low heat for 2 - 4 minutes.
- 3 In a separate dry saute pan toast quinoa over medium heat for 5 minutes stirring frequently
- 4 Bring broth to a boil in a 5 qt. pot & add quinoa mixing thoroughly
- 5 When broth boils, cover the pot & reduce heat to low cooking for 8 minutes
- 6 Add edamame, replace cover & cook for additional 8-10 minutes or when no more liquid left
- 7 Add red peppers to quinoa mix
- 8 In a separate bowl, whisk tarragon, salt, lemon zest & juice and add to mix

## NOTES

- 1 If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
  
- 2 Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color

1