

LEMONY QUINOA WITH TURMERIC

INGREDIENTS:

- 2 tablespoons olive oil
- 1 teaspoon dried turmeric powder
- 1/2 teaspoon cumin powder
- 1 teaspoon curry powder
- 1 cup quinoa
- 2 cups water (or chicken broth)
- 3/4 cup toasted almonds
- 3/4 cup fresh cilantro (or parsley)
- 1/2 cup raisins
- Juice of 1/2 lemon

DIRECTIONS:

1. Preheat oven to 350°F and place almonds on a lined baking sheet. Roast in oven for 3 – 5 minutes or until lightly roasted. Remove from oven and set aside.
2. Heat olive oil in a medium saucepan over medium-low heat. Add the turmeric, curry, and cumin, and stir for 1 – 2 minutes.
3. Add the quinoa and cook over medium-low heat until you hear light popping sounds. Continue to stir, careful not to burn.
4. Pour in the water and stir. Place lid on pan and turn heat to low. Simmer for about 20 minutes or until liquid is dissolved and quinoa is cooked. Turn off heat and let the quinoa sit in the pan for 5 minutes, then fluff with a fork.
5. Place quinoa in a large bowl. Add the toasted almonds, cilantro, and raisins, and toss. Pour in lemon juice and toss. Add more lemon juice or seasonings as desired.

Nutrition Facts

Serving Size 1/2 cup (146g)
Servings Per Container 6

Amount Per Serving

Calories 280 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 10g

Protein 8g

Vitamin A 2% • **Vitamin C 2%**

Calcium 8% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Source: 2017 Healthy Kitchens, Healthy Lives: Auden McClure

