

Pine Nut Broccoli Quinoa

Ingredients:

- 2 tablespoons olive oil, separated
- 1 teaspoon garlic, minced
- 1/4 cup yellow onion
- 1 cup quinoa
- 2 cups chicken broth
- 1 1/2 cups broccoli, chopped
- 1/4 cup parsley, finely chopped
- 1/3 cup pine nuts
- 1 teaspoon lemon zest
- 3 teaspoons fresh lemon juice
- Salt and pepper, to taste

Directions

1. In pot over medium-low heat, add 1 tablespoon olive oil, minced garlic, and onion. Stir constantly until the onion is tender and garlic is fragrant.
2. Add quinoa and chicken broth. Stir and bring to boil.
3. Reduce heat to low; cover.
4. Allow to cook for about 7 minutes and stir.
5. Spread finely chopped broccoli evenly on top of cooking quinoa and chicken broth.
6. Don't stir in broccoli but leaving it on top to steam.
7. Cover; cook until quinoa has absorbed broth and broccoli steamed.
8. Stir; remove from heat.
9. Add finely chopped parsley, fresh lemon zest, fresh lemon juice, salt, and pepper. Stir in pine nuts; serve.

Nutrition Facts

Serving Size (154g)
Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat 100**

% Daily Value*

Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 1g	

Protein 6g

Vitamin A 8% • Vitamin C 40%

Calcium 4% • Iron 15%

*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

