

Quinoa with Herbs



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

1 cup quinoa
1 1/2 tablespoons olive oil
2 cups water
3/4 teaspoon dried marjoram
or 3/4 teaspoon oregano
1/2 teaspoon dried thyme
1/4 teaspoon dried rosemary,
crumbled
3 tablespoons chopped fresh
parsley
2 tablespoons fresh lemon
juice
3/4 teaspoon salt
1/2 teaspoon grated fresh
lemon rind
1/4 teaspoon pepper

Directions

Place the quinoa in a large bowl.
Fill with cold water.
Drain into a strainer and repeat the
rinsing and draining 2 more times.
Over medium-high heat, heat the oil in a
2-quart saucepan.
Add the rinsed quinoa and cook,
stirring, until the quinoa makes cracking
and popping noises, about 3 to 5
minutes.
Stir in the water, marjoram, thyme, and
rosemary.
Bring to a boil, reduce the heat, and
simmer, covered, 15 minutes.
Stir in the parsley, lemon juice, salt,
lemon rind, and pepper.
Simmer, covered, 5 minutes longer.
Fluff with a fork.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

137

5.3g

.07g

0mg

294mg

18g

2.2g

4.6g