

QUINOA PILAF WITH

DRIED CHERRIES

- 1 T extra-virgin olive oil
- 1 small red onion, chopped
- 1 c uncooked quinoa, rinsed and drained
- 2 c low-sodium chicken or vegetable broth
- 1/2 tsp fine sea salt
- 2/3 c dried cherries
- 2/3 c sliced almonds, toasted

Heat oil in a pot over medium high heat. Add onion and cook, until softened, 2 to 3 minutes.

Add quinoa and toast by stirring constantly, for 1 minute.

Stir in broth and salt and bring to a boil then reduce heat to medium low

Stir in cherries then cover and continue cooking until liquid is absorbed and quinoa is tender, 5 - 8 minutes more.

Stir in almonds and serve.

DO YOU HAVE PRE-COOKED QUINOA ALREADY FROZEN? YOU CAN THAW AND USE IT IN THIS RECIPE. YOU MAY WANT TO ADD A DASH OF APPLE CIDER VINEGAR TO BRIGHTEN THE FLAVOR.

