

# Quinoa Pilaf

<b>Read It!</b>	(Read your recipe all the way through before you begin!)		
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	<b>Place It!</b>	(Get everything out and ready to cook!)	
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## Ingredients

- 1 Tbsp. olive oil
- 1 small onion, finely chopped
- 1 medium carrot, finely chopped
- ½ red bell pepper, finely chopped
- 1 clove garlic, minced
- 2 Tbsp. sunflower seeds, lightly toasted
- 2 cups quinoa, rinsed until the water runs clear
- 3 Tbsp. chopped fresh flat leaf parsley
- 4 cups reduced sodium, fat free chicken or vegetable broth\*
- Salt and pepper

	(Time to cook!)	<b>Create It!</b>	
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Heat the oil in a large nonstick skillet over medium heat. Add the onions, carrot, bell peppers, garlic, and sunflower seeds. Cook for four minutes, or until the onions are soft but not brown. Add the quinoa and cook for one minute.

Stir in the broth. Season with salt and black pepper. Bring to a boil over high heat. Reduce the heat to low, cover and simmer for twenty minutes, or until quinoa is tender and broth is absorbed. Add the parsley and fluff the quinoa with a fork. Makes six- eight servings.

Gluten-free

Nut-free

Dairy-free

Egg-free

\*Vegan if vegetable broth used