

Apricot, Almond Quinoa Pilaf

Makes 5, 2/3 cup servings

2 t canola oil
1 cup quinoa
1/4 t salt
3/4 cup dried apricots, chopped
1 1/4 cups water
1/4 cup orange juice
1/2 cup roasted almonds, coarsely chopped



Heat oil in a medium-sized pot for 30 seconds at medium to high heat. Add quinoa, apricots, and salt. Sauté this mixture for 2 minutes stirring every 20 seconds. Add water and orange juice, cover, and bring to a boil. Reduce heat to low setting and cook covered at a simmer for an additional 30 minutes or until all water is absorbed. Plate and sprinkle with almonds.

Nutrition information per serving (2/3 cup): 280 calories, 11g fat (1g saturated fat), 8g protein, 220mg sodium, 5g dietary fiber. Good source of iron and vitamin C.

