

Herbed quinoa

Makes 4 servings

1 cup quinoa
2 cups low sodium vegetable or chicken broth
1/3 cup chopped fresh parsley
1/3 cup chopped basil leaves
2 scallions, chopped
3 tablespoons olive oil
3 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper



In medium saucepan over high heat, bring quinoa and broth to a boil. Reduce heat to low, cover, and simmer 12-15 minutes or until liquid has been absorbed. Remove from heat and fluff quinoa with a fork.

In a medium bowl, whisk together parsley, basil, scallions, oil, lemon juice, salt and pepper. Add quinoa and stir to combine.

Recipe source: Smart Meal Prep for Beginners by Toby Amidor, MS, RD, CDN



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