

Quinoa Pilaf

Makes about 6-1/2 cup servings

2 t canola oil
1 cup quinoa
1/2 cup dried cranberries
1/2 cup roasted salted sunflower seeds
1/4 t salt
2 cups water



Heat oil in a medium-sized pot for 30 seconds at medium to high heat. Add quinoa, cranberries, sunflower seeds, and salt. Sauté this mixture for 2 minutes stirring every 20 seconds. Add water, cover, and bring to a boil. Reduce heat to lowest setting and cook covered for an additional 20 minutes or until all water is absorbed.

Nutrition information per serving (1/2 cup): 210 calories, 9 fat (1g saturated fat), 6g protein, 150mg sodium, 3g dietary fiber. Good source of iron.

