Quinoa Pilaf

Quick · Make-ahead · Serves 4

Ken's note: TBD

Ingredients

- 1 tbsp oil
- ½ cup chopped onion
- 2 carrots, chopped
- 1 cup quinoa, rinsed
- 2 cups light vegetable or chicken broth
- ¾ cup chopped walnuts
- ¼ cup chopped parsley, or more to taste
- Salt and pepper

Method

1. Cook the onion in the oil about 5 minutes, then add the carrots for 3 more.
2. Stir in the quinoa and toast it 1 to 2 minutes.
3. Add the broth, bring to a boil, cover and simmer 15 to 20 minutes until tender. Fluff.
4. Toss with the walnuts and parsley. Taste and salt. Serve hot or at room temperature.