



NutritionRx
Jennifer Broxterman

Quinoa Pilaf

Sick of brown rice? This quinoa pilaf is full of flavour and is a great alternative. Pair this dish with some roasted veggies and a piece of grilled chicken breast and you'll have a delicious, well-balanced meal.

Prep: 5 minutes • Total: 30 minutes

Ingredients:

Onion, medium, diced	1 each	1 each
Garlic cloves, minced	2 each	2 each
Olive oil	1 Tbsp	15 mL
Quinoa, uncooked	1 cup	250 mL
Vegetable or chicken broth, low sodium	2 cups	500 mL

Directions:

1. In the bottom of the pot over medium-high heat, add the onion, garlic, and olive oil.
2. Sauté the onion and garlic until translucent, about 5 minutes.
3. Add the uncooked quinoa and the low sodium broth.
4. Keep on medium-high heat until the mixture boils, and then turn to low and simmer for another 15 minutes until water has fully absorbed.

Nutrition Facts

Serving Size (195g)

Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 8g

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 servings (195 g / serving) • 1 serving = ½ cup

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