

## Quinoa Pilaf

1 small onion, chopped  
2 tablespoons extra virgin olive oil  
1 clove garlic, minced  
1 cup quinoa, rinsed in a fine sieve  
2 cups vegetable or chicken broth  
4 sun-dried tomatoes, chopped  
½ cup pine nuts

1. Put the onion in a medium-sized sauce pot with the olive oil and sauté the onion for 5 minutes over medium heat.
2. Put the rinsed quinoa in the pot with the broth and stir. Raise heat so it boils and then cover and simmer over low heat with the pot covered. In 8 minutes add the tomatoes and pine nuts and put the lid back on.
3. Continue to simmer, covered, until most of the moisture has soaked into the grains. You will notice that there is a curl coming out from each of the grains when they are done cooking.

*Discussion:* This is fine as a side dish or all by itself because pine nuts and the quinoa are both sources of protein. Quinoa (pronounced KEEN-WAH) is an ancient grain from South America that is high in essential amino acids, especially lysine, and is also gluten-free. It is actually related to beets and spinach and is a seed rather than a grain. The Incas cultivated it 3000 or 4000 years ago. Besides amino acids, it contains phosphorus, calcium and iron