

## Toasted Pine Nut Quinoa

Serves 6 (serving size 1/2c)

### Ingredients

- 1 cup uncooked quinoa
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons finely chopped shallots
- 1 tablespoon minced garlic
- 1 1/4 cups low sodium chicken stock
- 1/4 teaspoon kosher salt
- 1/4 cup pine nuts
- 1 tablespoon extra-virgin olive oil
- 1/4 cup chopped green onions
- 2 tablespoons chopped fresh chives
- 1/4 teaspoon freshly ground black pepper

### Preparation

1. Rinse and drain quinoa. Heat a large saucepan over medium-high heat. Add 2 teaspoons extra-virgin olive oil to pan; swirl to coat. Add shallots; sauté 1 minute or until tender. Add minced garlic; cook 1 minute, stirring constantly. Add quinoa; cook 2 minutes, stirring frequently. Add chicken stock and kosher salt; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and quinoa is tender.

2. While quinoa cooks, heat a large nonstick skillet over medium heat. Add pine nuts to pan; cook 3 minutes or until browned, stirring frequently. Combine quinoa mixture, pine nuts, 1 tablespoon extra-virgin olive oil, green onion, chives, and pepper; toss.

### Nutritional Information per serving:

Calories: 187

Fat: 9.4g

Saturated fat: 1g

Sodium: 111mg