

The Wellness Kitchen

Recipes from the UC Berkeley School of Public Health



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Quinoa Pilaf with Cherries & Pecans



Quinoa, in addition to being a good source of plant protein (it contains all eight essential amino acids), is rich in vitamin E, iron, and magnesium.

[¾ cup quinoa](#)

[2 teaspoons olive oil](#)

[3 scallions, thinly sliced](#)

[3 cloves garlic, minced](#)

[1½ cups boiling water](#)

[¾ teaspoon salt](#)

[¼ teaspoon pepper](#)

[¼ cup dried cherries](#)

[2 tablespoons chopped pecans or walnuts](#)

1 Place the quinoa in a colander and rinse under cold running water. Drain well.

2 In a large skillet, heat the oil over medium heat. Add the scallions and garlic, and cook, stirring frequently, until the scallions are tender, about 2 minutes. Stir in the quinoa and cook until lightly toasted, 2 to 3 minutes.

3 Add the boiling water, salt, and pepper. Reduce to a simmer, cover, and cook until the quinoa is tender, 15 to 20 minutes.

4 Stir in the dried cherries and chopped pecans.

Makes 4 servings

per serving: 211 calories, 7.1g total fat (0.7g saturated), 0mg cholesterol, 3g dietary fiber, 34g carbohydrate, 6g protein, 446mg sodium. **good source of:** magnesium, saponins, vitamin E.

Even Healthier: no salt or salt to taste

Options: replace pecans or walnuts with raw sunflower or pumpkin seeds to make nut free

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