



SPRING VEGETABLE WITH QUINOA

QUICK INFORMATION

TIME



45 MIN

SERVES



4

CALORIES



180

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- 1 cup Lundberg Family Farms Antique White Quinoa
- 1 leek, white & light green parts only, halved length-wise and thinly sliced
- 2 shallots, diced
- ½ lb of snap peas, cut into bite sized pieces
- 2 clove garlic minced
- 2 cup baby spinach
- ½ cup basil leaves, loosely packed
- ¼ cup mint leaves, loosely packed
- 2 tablespoons unsalted butter
- Zest and juice of ½ a lemon
- Salt & Pepper

NUTRITIONAL FACTS

Serving Size: 112g

AMOUNT PER SERVING

Calories 180 Calories from Fat 50

Total Fat 5g
Saturated Fat 2.5g
Trans Fat 0g

Cholesterol 10mg

Sodium 170mg

Total Carbohydrate 28g
Dietary Fiber 6g
Sugars 4g

Protein 6g

PREPARATION

Prepare quinoa according to package directions.

In a food processor, puree half the snap peas, basil, mint, lemon juice and zest with ½ cup of water until smooth.

In a large skillet, over medium heat, melt butter and sauté leeks and shallots until softened and lightly browned about 5 minutes. Season lightly with salt and pepper.

Stir in remaining half of snap peas and sauté until peas are crisp-tender about 5 minutes. Season lightly with salt and pepper.

Add garlic to the skillet and cook until fragrant about 30 seconds. Mix in puree and spinach leaves, toss to wilt spinach slightly. Season lightly with salt and pepper.

Add the quinoa to the skillet and stir well to combine.

Garnish with additional chopped herbs.

Enjoy!