



Lemony Quinoa



Prep
15 m

Cook
10 m

Ready In
25 m

Recipe By: Mirelle B

"Quinoa is a high-protein, good-for-you grain. It can be substituted for couscous and makes a lovely side dish. This recipe is a crunchy, lemony, healthy dish that can be used as a side or as a light meal."

Ingredients

1/4 cup pine nuts	2 stalks celery, chopped
1 cup quinoa	1/4 red onion, chopped
2 cups water	1/4 teaspoon cayenne pepper
sea salt to taste	1/2 teaspoon ground cumin
1/4 cup fresh lemon juice	1 bunch fresh parsley, chopped

Directions

- 1 Toast the pine nuts briefly in a dry skillet over medium heat. This will take about 5 minutes, and stir constantly as they will burn easily. Set aside to cool.
- 2 In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.
- 3 Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if needed before serving.

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