



Lemony Quinoa

2-4 servings

1 cup quinoa

2 cup water

2 Tb extra virgin olive oil

1 medium onion finely chopped

2 jalapeno peppers or 1 poblano chili, seeded and finely chopped

1 plum tomato, cut into ¼ inch dice

¼ cup dill chopped

¼ cup parsley chopped

2 Tb fresh lemon juice

Celtic sea salt

Fresh Pepper

- Rinse quinoa, drain. Heat water in a sauce pan. Add quinoa. Bring to a boil. Cover, turn down to low cook 15 minutes. Turn off heat, let sit 5 minutes.
- In a sauté pan, heat the 3 Tb olive oil. Add onion and cook over medium heat until translucent, 4 minutes.
- Add peppers and cook until softened, 5 minutes.

- Add the diced tomato and cook until sizzling 1 minute.
- Remove from the heat stir in the quinoa, herbs and lemon juice
- Season with salt & pepper

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