

Quinoa with Shallots and Peas

2 servings

1 cup quinoa rinsed & drained

2 cups water

1 Tb olive oil

2 shallots finely chopped

½ lb frozen peas rinsed under hot water & drained

Celtic Sea Salt

Pinch of red pepper flakes (optional)

- Put quinoa and water into a saucepan, bring to a boil, cover.
- Turn down to low heat simmer 15 minutes.

- Put peas in a strainer, rinse under hot water to defrost
- In the meantime heat a medium sauté pan.
- Add olive oil and shallots.
- Sauté on low heat 3 minutes until soft.
- Add salt and red pepper flakes.
- Add peas stir and turn off the heat.
- When quinoa is done let it sit 5 minutes
- Add quinoa to sauté pan with shallots and peas. Stir.
- Serve