

SPOTLIGHT RECIPE



LEMON-MINT QUINOA

- Heat 1 teaspoon of oil in a pot. Add the quinoa and sauté until it smells nutty, approximately 2 minutes.
- Add the water and salt and bring to a boil.
- Cover, reduce the heat and simmer until tender, about 15 to 20 minutes.
- Mix the lemon zest, lemon juice, vinegar and remaining oil in a bowl.
- After the quinoa has cooled, add the lemon mixture, mint and green onions.
- Fold in the almonds.
- Serve cold or at room temperature.

Ingredients

Servings: 8

- 1 teaspoon, plus 2 tablespoons oil
- 1 1/2 cups quinoa (rinse before use)
- 2 3/4 cups water
- 1/4 teaspoon salt
- 1/2 teaspoon lemon zest, grated
- 2 tablespoons lemon juice
- 1 1/2 tablespoons rice vinegar
- 1/3 cup fresh mint, chopped
- 2 tablespoons green onions, minced
- 1/2 cup slivered almonds, toasted

