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QUINOA with Raisins & Almonds

Ingredients:

1 cup quinoa, dry
2 cups water
2 teaspoons olive oil
1/3 cup minced red onions
1/2 cup finely chopped red bell pepper
1/4 teaspoon crushed red pepper flakes (optional)
1/4 cup dried raisins (or cranberries)
1/3 cup slivered almonds, toasted
1/4 teaspoon salt
Pepper to taste

Preparation:

In a pot bring water to a boil. Add quinoa and stir to combine. Cover and simmer for about 20 minutes, or until water has evaporated.

In a large skillet, heat oil over medium heat. Add red onions, bell pepper and red pepper flakes. Sauté about 3 minutes, or until vegetables are soft.

When quinoa is done, add sautéed vegetables, cranberries and almonds; stir to combine. Add salt and pepper as desired.

Serve immediately.

Makes about 3 cups.

Jill West, RDN, is an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals. For more information, visit www.400MOMS.com or call 925-788-2937.

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