



Catholic Health Initiatives

Imagine better health.®

Spinach Quinoa Pilaf

Serves 5

Prep/cooking time:

Approximately 35 minutes

Ingredients:

- 2 tsp. olive oil
- 2 cloves garlic, crushed
- ½ onion, chopped
- 1 carrot, chopped
- 1 cup quinoa
- 1 cup water
- 1 cup of low-sodium beef, chicken or vegetable broth
- 1 tsp. ground black pepper
- 1 tsp. thyme
- 1 tomato, chopped
- 1 cup baby spinach

Directions:

Heat the olive oil and garlic in a sauce pan over medium heat. Add the onion and carrot to the hot oil and cook until onions are translucent, about 5 minutes. Lower the heat, stir in quinoa, and toast, stirring constantly for 2 minutes. Stir in the water, broth, black pepper and thyme. Raise the heat to high and bring to a boil. Cover, reduce heat to low, and simmer for 15 to 30 minutes until all water is absorbed. Turn off the heat and add the tomatoes and spinach. Stir until the tomatoes have given off their moisture and the spinach is wilted, about 2 minutes. Great to pack for lunch or as a side with grilled fish!



Lunchable Leftovers

Harvest of the Month
spinach