

## Quinoa Pine Nut Pilaf

This recipe is from my friend, Christie Tom. Quinoa is a delicious whole grain, with an excellent protein profile. This recipe is quick and tasty.



### Ingredients:

- 3 tablespoons pine nuts
- 2 large onions, chopped
- 6 garlic cloves, minced or pressed
- 1 – 2 Tablespoons water for sautéing
- 1 red or green bell pepper
- 4 teaspoons ground cumin
- 4 teaspoons ground coriander
- 2 cups organic quinoa
- 3 1/3 cups water
- 1 cup chopped fresh basil
- 3 cups fresh or frozen corn kernels
- salt and pepper to taste

### Directions:

Preheat oven to 350 degrees. Spread nuts in a single layer on baking sheet. Bake for 3-5 minutes, or until lightly golden. This can also be done on the stove-top in a non-stick pan on medium heat. Just stir constantly to avoid burning. Set pine nuts aside.

In a saucepan, sauté onions and garlic in 2 Tablespoons water for 5 minutes, or until softened. Add bell pepper, cumin, and coriander and continue to sauté for another 5 minutes, stirring occasionally.

While vegetables cook, place quinoa in a fine sieve (a soup strainer works, too) and rinse well under cold running water for 1-2 minutes. Add quinoa and 3 and 1/3 cups water to saucepan, bring to boil, then cover and simmer on low for 15 minutes. Stir in basil and corn, and cook 5-10 minutes longer, or until quinoa is tender. Stir to fluff it, add salt and pepper to taste, and top with toasted pine nuts. Serve hot.