

Scented Quinoa Pilaf with Pine Nuts and Raisins

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 40 minutes

Chef's Notes

Quinoa, a South American grain, is greatly revered as the mother of grains because of its high amino acid profile. This pilaf can be served warm or cold and is delicious served with grilled or roasted mixed vegetables.

Gluten-free; Vegan (when water or vegetable stock is used); Dairy-Free

*Saponins are the natural, soap-like substances that occur on the outside of the quinoa seeds and are believed to deter insects and birds.

QUINOA:

- Quinoa contains all the essential amino acids and is therefore a complete protein. They are easier to digest than meat protein. They are high in iron and calcium, with a mix of the B vitamins and other minerals.

- Quinoa is more closely related to beets and to green leafy vegetables like spinach and chard than it is to wheat, oats, barley or rye.

- It has cleansing and strengthening properties to the liver and the kidneys, plus other benefits.