



QUINOA (Keen-Wah)

WHAT'S IN IT FOR YOU & YOUR HEALTH?

- Contains 9 essential amino acids for building protein and muscle
- High in Fiber for good intestinal health
- Rich source of minerals for healthy heart and nerve function

Ingredients

2 3/4 cups low-sodium [chicken stock](#)

1/4 cup fresh [lemon juice](#)

- 1 1/2 cups quinoa

- Dressing:

1/4 cup [extra-virgin olive oil](#)

- 1/4 cup fresh lemon juice
- 3/4 cup chopped fresh basil leaves

1/4 cup chopped fresh [parsley leaves](#)

- 1 tablespoon chopped fresh thyme leaves
- 2 teaspoons lemon zest
- Kosher salt and freshly ground black pepper

Directions

For the quinoa: In a medium saucepan, add the chicken stock, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.

For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and [lemon zest](#). Season with salt and pepper, to taste.

Pour the dressing : over the quinoa and toss until all the ingredients are coated. Transfer the quinoa to a bowl. Season with salt and pepper, to taste, and serve. Serves 4.

Calories: 391 Total Fat: 18 [Saturated Fat](#): 3 grams

Protein: 13 grams Total carbohydrates: 46 grams

Sugar: 1 gram Fiber: 5 grams Cholesterol: 0 milligrams

Sodium: 176 milligrams



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