

Quinoa with Sundried Tomatoes

1 tsp best quality olive oil
8 Sun dried tomatoes, not packed in oil
2 minced shallots
1 clove garlic minced
2 cups low-sodium, low fat chicken or vegetable stock
1 cup dry quinoa grains
Pinch cayenne pepper
2 Tbsp fresh chopped cilantro
1 tsp sea salt
Fresh ground black pepper

Calories: 128
Protein: 5g
Carbs: 23g
Fiber: 2g
Sugar: 1g
Fat: 3g
Sodium: 211mg



Preparation

1. Place quinoa in fine mesh sieve. Rinse well under lukewarm running water for about 1 minute. Set aside.
2. Heat oil in large saucepan. Add tomatoes, shallots and garlic and sauté for 3-5 minutes or until shallots are softened. Add stock and bring to a boil. Stir in quinoa grains and cayenne pepper. Return to a boil. Reduce heat and simmer for 30 minutes or until liquid is absorbed. Let stand for 5 minutes. Fluff with fork to separate grains. Stir in seasonings.