

Quinoa Pilaf with Spinach, Apples & Walnuts

Walnuts amplify the nutty flavor of the quinoa, while bits of diced apple provide a touch of sweetness.

INGREDIENTS

1 ½ C quinoa	½ C walnut pieces
3C vegetable broth	10oz fresh baby spinach
2 T extra virgin olive oil	Sea Salt
3 scallions, minced	Black pepper
1 apple, halved, cored and diced	

DIRECTIONS

1. Rinse the quinoa well to remove the bitter coating. Drain and set aside.
2. Bring broth to boil in a saucepan. Decrease the heat to low and stir in the quinoa. Cover and simmer until all the water has been absorbed, about 15 minutes.
3. While the quinoa is cooking, heat the oil in a large skillet over medium heat. Add scallions and walnuts and cook until fragrant, about 2 minutes. Add spinach and season to taste with salt and pepper. Cover and cook until wilted, about 3-5 minutes, then add the apple and cook for 5 minutes more. Stir in the cooked quinoa.