

CILANTRO LIME QUINOA

Prep Time: 5 minutes | Cook Time: 25 minutes | Serves: 6

INGREDIENTS:

1 tablespoon olive oil
1 cup quinoa, rinsed
2 cups water
1 clove garlic, chopped
1 teaspoon onion powder
Salt and pepper, as desired
1/2 bunch cilantro, chopped
1 lime, zested and juiced

DIRECTIONS:

1. Wash hands with soap and water.
2. Heat olive oil in a medium sized pot over medium heat.
3. Add in the garlic and sauté for 1-2 minutes.
4. Add in the quinoa and stir constantly for 1 minute.
5. Add the water, onion powder, salt, and pepper. Stir. Place lid on the pot and bring to a boil.
6. Once it reaches a boil, turn down the heat and simmer for 15 minutes or until all the liquid is absorbed.
7. Turn off the heat and let rest for another 10 minutes with the lid on.
8. Fluff quinoa with a fork and fold in the zest and juice of 1 lime, and the chopped cilantro.
9. Serve warm.

NUTRITION FACTS

Serving Size: 1/2 cup cooked

Calories: 128
Total fat: 4 grams
Saturated fat: 0.5 gram
Trans fat: 0 grams
Cholesterol: 0 milligrams
Sodium: 30 milligrams
Total Carbohydrate: 19 grams
Dietary Fiber: 2 grams
Added Sugar: 0 grams



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