



# QUINOA PILAF

Yield: 4 Servings

## Ingredients

- 2 cups Quinoa, cooked
- 1/3 cup Yellow Onion, diced
- 4 tablespoons Celery, diced
- 1/4 cup Red Bell Pepper, diced
- 1/4 cup Green Bell Pepper, diced
- 2 1/2 teaspoons Margarine
- 1/4 teaspoon Salt
- 1/3 teaspoon Black Pepper

## Procedures

1. Prepare quinoa according to packaged instructions and toss with salt and pepper.
2. In a sauté pan, over medium heat, add margarine and sauté the vegetables until translucent.
3. Toss quinoa with vegetables.

## Nutrition Facts

<b>Serving size 4.25 oz. (120 g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 145mg	<b>6%</b>
<b>Total Carbohydrate</b> 48g	<b>15%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 3mg	15%
Potassium 471mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

