

Quinoa Dinner

simple
healthy
delicious

Ingredients

- 1.5 cups Nature's Earthly Choice™ Quinoa
- 1.5 tablespoons olive oil
- 6 cloves garlic
- 2 oz pine nuts
- 1 can garbanzo beans
- 1 can artichoke hearts
- 1 package Mediterranean feta cheese (4.4 oz)
- 2 cups baby spinach
- 2 tablespoons oregano

Serving for: 8

Directions

1. Place Quinoa and 3 cups of water in a pot, bring to a boil for 5 minutes, then remove from heat and let stand for 15 minutes, covered.
2. Heat oil in large skillet. Finely slice garlic and brown in oil for a couple of minutes. Once lightly browned, add pine nuts for a minute or two, and then toss in cooked Quinoa. Add garbanzos, artichokes, and spinach and toss until spinach wilts. Toss in cheese and serve immediately.

