

Quinoa with Roasted Garlic, Tomatoes and Spinach

simple
healthy
delicious

Ingredients

- 1 whole garlic head
- 1 tablespoon olive oil
- 1 tablespoon finely chopped shallots
- ¼ teaspoon crushed red pepper
- ½ cup uncooked Nature's Earthly Choice™ Quinoa, rinsed and drained
- 1 tablespoon dry white wine
- 1 cup fat-free, less-sodium chicken broth
- ½ cup baby spinach leaves
- ⅓ cup chopped seeded tomato (1 small)
- 1 tablespoon shaved fresh Parmesan cheese
- ¼ teaspoon salt



Directions

1. Preheat oven to 350°.
2. Remove papery skin from garlic head. Cut garlic head in half crosswise, breaking apart to separate whole cloves. Wrap half of head in foil; reserve remaining garlic for another use. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
3. Heat oil in a saucepan over medium heat. Add shallots and red pepper to pan; cook 1 minute. Add Quinoa to pan; cook 2 minutes, stirring constantly. Add wine; cook until liquid is absorbed, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in garlic pulp, spinach, tomato, cheese, and salt. Serve immediately.