

# Quinoa Salad with Artichokes and Parsley

simple  
healthy  
delicious

## Ingredients

- 1 cup chopped spring or sweet onion
- 1 tablespoon olive oil
- ½ teaspoon chopped fresh thyme
- 1 (9-ounce) package frozen artichoke hearts, thawed
- 1 cup fat-free, lower-sodium chicken broth
- ½ cup uncooked Nature's Earthly Choice™ Quinoa
- 1 cup chopped fresh parsley
- 5 teaspoons grated lemon rind
- 1 ½ tablespoons fresh lemon juice
- ¼ teaspoon kosher salt

## Directions

1. Heat oil in a medium saucepan over medium-high heat. Add onion and thyme; sauté 5 minutes or until onion is tender. Add artichokes; sauté 2 minutes or until thoroughly heated. Add broth and Quinoa; bring to a simmer. Cover and cook 18 minutes or until liquid is completely absorbed.
2. Remove pan from heat. Stir in parsley, rind, juice, and salt. Serve warm or at room temperature.

