

Curried Quinoa Pilaf



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 tablespoon olive oil
- ½ sweet onion, chopped
- 1 garlic clove, minced
- 1 jalapeno, cored seeded and minced (optional)
- 2 teaspoons curry powder
- 1 inch grated fresh ginger
- 2 tomatoes, diced
- 1 cup quinoa
- 2 cups water or low- sodium vegetable stock
- ½ cup currants
- Cilantro for garnish
- Salt and pepper to taste

Directions

1. In a medium saucepan heat olive oil and cook onion, garlic, jalapeno, curry powder and ginger until vegetables are tender.
2. Add tomatoes, quinoa and water/vegetable stock. Stir well. Bring to a boil, cover and reduce the heat.
3. Simmer for 15 minutes or until the quinoa is tender.
4. Turn off heat and allow quinoa to sit covered for an additional 5 minutes. Fold in cilantro and currants then season to taste with salt and pepper.

Recipe from Cook Well Berkeley: Seasonings & Spices to Boost Health, Fall 2013