

Quinoa Pilaf Recipe (GF, CF)

2 T olive oil
1 medium onion, chopped finely
3 cloves garlic, minced
1 cup finely-diced carrots
1 medium red pepper, chopped
2 cups quinoa, rinsed thoroughly through a fine sieve
4 cups vegetable broth (GF)
1 cup frozen peas, thawed
kosher salt or sea salt and pepper to taste

Heat olive oil in a large skillet over medium-high heat. Add onion and cook until soft, 3 minutes. Add garlic, carrots and red pepper, cooking until soft, about 5 minutes. Add quinoa and broth. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, covered, 20 minutes or until water is absorbed. Stir in frozen peas and salt and pepper.