

Quinoa with Pine Nuts

Ingredients:

- 1 cup quinoa - cooked and cooled
- 1/4 cup pine nuts - toasted
- 2 T. extra virgin olive oil
- 2 cloves garlic - minced or chopped fine
- 1/3 cup fresh parsley - chopped
- 1/4 cup golden raisins
- 1 T. lemon juice
- S & P

Toast pine nuts in medium-high dry skillet - 3 minutes, remove from skillet. Put 1 T. olive oil and garlic in skillet and heat up for about two minutes and then remove from heat. To the bowl of cooked, cooled quinoa add: nuts, garlic, remaining oil, parsley, raisins, lemon juice, salt and pepper. Toss lightly - enjoy!

Bon Appétit!

