

Quinoa Risotto with Spinach and Parmesan



Ingredients

- 1 tablespoon olive oil
- ½ yellow onion, chopped
- 3 teaspoons of minced garlic
- 1 cup of quinoa, well rinsed
- 18 ounces of chicken or vegetable broth
- 2 cups of fresh spinach
- ½ cup of shredded carrot
- ¼ cup of grated Parmesan cheese

Directions

1. Heat oil over medium heat in a large saucepan
2. Add onion and sauté for approximately 4 minutes, add garlic and quinoa and cook for 1 minute
3. Add in the broth and bring to a boil and then reduce the heat to low and simmer for 12-15 minutes until quinoa is tender
4. Stir in spinach and carrots and simmer for another 3 minutes
5. Add parmesan cheese with salt and pepper to taste

Nutrition Facts

Serving Size 1/2 cup

Amount Per Serving

Calories 150 Calories from Fat 27

Total Fat 3g

Cholesterol 3mg

Sodium 300mg

Total Carbohydrate 30g

Dietary Fiber 3g

Protein 8g

Make Mine a Meal

Add 3 ounces of rosemary chicken. Fill 1/2 your plate with a colorful salad and light dressing.

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