

## Almond Quinoa Pilaf



### Ingredients:

2 cups Quinoa, Uncooked	1 cup Almonds, roasted, unsalted
1 tsp. Olive Oil	1 tsp. Cumin Seeds
3-4 Green Chilies	4 cups Water
1 Lime	1 tsp. Sugar
½ cup Coriander Leaves	¾ tsp. Salt

### Preparation:

1. Wash and rinse quinoa and Coriander Leaves. Drain and set aside.
2. In spice grinder/food processor, make a coarse mix of almonds. Set aside.
3. In a big pan, heat oil. Add cumin seeds and chili. Stir for a minute. Add the rinsed quinoa, salt and sugar. Mix well.
4. Add 4 cups of water and let it boil on high heat for 5 minutes, without a lid. Cover with fitting lid and lower the heat for 5 minutes. Turn off the heat but do not remove the lid for next 5 minutes. The steam finishes the process of cooking.
5. Remove from heat and add coarsely chopped almonds, chopped cilantro, and lime juice.
6. Serve immediately with a slice of lime on the side.

NUTRITION FACTS	SERVING SIZE: ½ cup	SERVINGS: 8
<b>Calories</b>	<b>280</b>	<b>Calories from Fat 105</b>
<b>Total Fat</b>	<b>12 g</b>	<b>Total Carbohydrate 34 g</b>
Saturated Fat	1 g	Dietary Fiber 6 g
Polyunsaturated Fat	3.7 g	Sugar 2 g
Monounsaturated Fat	6.9 g	<b>Total Protein 10 g</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>Sodium 228 mg</b>
<b>PREP TIME: 10 MIN.</b>	<b>COOK TIME: 25 MIN.</b>	