



early childhood community development centre

Quinoa Pilaf

Makes 6 servings

Ingredients

- 2 tsp olive oil
- ½ medium onion
- 1 large carrot, diced
- ½ large red pepper, diced
- 1 stalk celery, chopped
- 1 cup quinoa, thoroughly rinsed
- 2 cups fat-free, low-sodium chicken broth

Directions

Cook time: 23 minutes

1. Heat oil in a medium saucepan. Saute vegetables for 5 minutes.
2. Add rinsed quinoa and chicken broth, bring to a boil, cover and simmer for 15 minutes or until all the water is absorbed and the quinoa is tender

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

For more great daycare recipes, visit www.eccdc.org
