



Oven Baked Quinoa (6 servings)

Ingredients

- 1 cup quinoa or brown rice
- 2 cups vegetable broth
- 1 tablespoon olive oil, or your favorite flavored oil
- 1/2 tsp salt
- 1/4 tsp pepper

Preparation

- Preheat oven to 375 degrees.
- Heat 2 cups of vegetable broth in a microwave oven for 2 minutes.
- Rinse quinoa under cool water, until water runs clear.
- Put rinsed quinoa into a 8 x 8 casserole dish. Pour the hot broth over it and add the salt, pepper and olive oil, and stir.
- Place a lid or foil tightly on the casserole and bake for 25 minutes. Bake brown rice for 1 hour.
- Remove casserole from the oven, remove the lid and allow the quinoa to 'rest' for 5 minutes.
- Serve and enjoy!

Nutritional Information *(121 calories per 1/2 cup serving)*

<i>Fat:</i>	<i>3g</i>	<i>Protein:</i>	<i>4g</i>
<i>Saturated Fat:</i>	<i>1g</i>	<i>Potassium:</i>	<i>159mg</i>
<i>Cholesterol:</i>	<i>5mg</i>	<i>Calcium:</i>	<i>16mg</i>
<i>Sodium:</i>	<i>216mg</i>	<i>Iron:</i>	<i>1.3mg</i>
<i>Carbohydrates:</i>	<i>18g</i>	<i>Vitamin A:</i>	<i>60IU</i>
<i>Fiber:</i>	<i>1g</i>		