

Quinoa With Leeks and Golden Raisins



Recipe Courtesy Chef Bryan Woolley

- 1 cup quinoa (rinsed until the water runs clear)
- 2 cups sliced leeks (about 1 large leek)
- 2 Roma tomatoes, coarsely chopped
- 3 garlic cloves, minced
- 2 ¼ cups vegetable stock (low fat and low sodium)
- ½ cup golden raisins
- 1 tsp cumin
- ½ tsp cinnamon
- Pinch of turmeric
- Extra Virgin Olive Oil
- Salt and pepper to taste

1. Heat a heavy sauté pan on the stove and add just enough olive oil to light coat the bottom of the pan (about 1 tbsp). Add the quinoa sauté for a couple of minutes.
2. Add the sliced leeks, tomatoes, garlic, and spices. Sauté until fragrant.
3. Add the vegetable stock, and golden raisins. Stir to incorporate. Cover and simmer for about 20 minutes or until quinoa is fully cooked.
4. Serve with freshly steamed vegetables and low fat protein of your choice such as turkey or chicken breast. Makes 4 servings. ENJOY!

Nutrition Facts

Serving Size: ¼ recipe	
Calories	290
Total Fat	6g
Saturated Fat	1g
Cholesterol	0mg
Sodium	530mg
Carbohydrate	55g
Dietary Fiber	5g
Sugars	14g
Protein	7g

Diabetic Exchanges

Protein	1
Fat	1
Carbohydrate	4