



Simple | Healthy | Delicious

Quinoa Dinner

INGREDIENTS

1.5 cups Nature's Earthly Choice Quinoa
1.5 TBS olive oil
6 cloves garlic
2 oz pine nuts
1 can garbanzo beans
1 can artichoke hearts
1 package Mediterranean feta cheese (4.4 oz)
2 cups baby spinach
2 TBS oregano



DIRECTIONS:

1. Place quinoa and 3 cups of water in a pot, bring to a boil for 5 minutes, then remove from heat and let stand for 15 minutes, covered.
2. Heat oil in large skillet. Finely slice garlic and brown in oil for a couple of minutes. Once lightly browned, add pine nuts for a minute or two, and then toss in cooked quinoa. Add garbanzos, artichokes, and spinach and toss until spinach wilts. Toss in cheese and serve immediately.