



Simple | Healthy | Delicious

Quinoa Salad with Artichokes and Parsley



INGREDIENTS

1 cup chopped spring or sweet onion
1 tablespoon olive oil
1/2 teaspoon chopped fresh thyme
1 (9-ounce) package frozen artichoke hearts, thawed
1 cup fat-free, lower-sodium chicken broth
1/2 cup uncooked Nature's Earthly Choice Quinoa
1 cup chopped fresh parsley
5 teaspoons grated lemon rind
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon kosher salt

DIRECTIONS:

1. Heat oil in a medium saucepan over medium-high heat. Add onion and thyme; sauté 5 minutes or until onion is tender. Add artichokes; sauté 2 minutes or until thoroughly heated. Add broth and quinoa; bring to a simmer. Cover and cook 18 minutes or until liquid is completely absorbed.
2. Remove pan from heat. Stir in parsley, rind, juice, and salt. Serve warm or at room temperature.