

# SPICED QUINOA



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Yields: 2 servings

## Ingredients

- 1 tbsp olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced or 2 tsp preminced
- 1 c quinoa granules
- 2 c chicken broth
- ½ to 1 tbsp curry powder, or to taste
- 1 tbsp ancho chile powder
- Salt and pepper to taste

## Directions

1. Heat oil in a large skillet over medium heat. Add onion and garlic and cook and stir-fry for about 2 minutes; add quinoa and cook and stir until lightly toasted, about 5 minutes.
2. Pour broth into the pan and bring to a boil. Reduce heat and add curry and Chile powder; cover and simmer until tender, about 25 minutes. Season to taste with salt and pepper and serve warm.

Tip: use low sodium chicken broth to decrease sodium content if needed

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/2 cup	207	5.5 g	5.5 g	22 g	540 mg

Carbohydrate Exchanges: 1 ½