

SWEET AND TANGY QUINOA CONFETTI



INGREDIENTS:

- 1 cup quinoa, rinsed well
- 1/4 cup slivered almonds (optional)
- 2 Tablespoons olive oil
- 1/3 cup fresh parsley, chopped (optional)
- 1/4 cup raisins
- Juice of 1/2 a lemon
- Salt and pepper to taste

INSTRUCTIONS:

1. Place the quinoa in a saucepan and cook over medium heat until toasted, about 2 minutes. Add 1 3/4 cups water and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 15 minutes. Remove from the heat and let sit, covered, about 2 minutes..
2. Meanwhile, toast the slivered almonds in a skillet over medium-high heat, stirring, until golden, about 3 minutes then transfer to a small bowl.
3. Fluff the quinoa with a fork. Add the slivered almonds, olive oil, parsley, raisins, and lemon juice to the saucepan with the quinoa. Season with salt and pepper and toss. Serve warm or cold.
4. Eat and enjoy!

Yield: 4-6 servings

Source: The Food Network

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.

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