



Prime Health Style
Sue Smith, Health Counselor

Lemon Walnut Quinoa

Prep time: 5 minutes

Cooking time: 20 minutes

Servings: 4

- 1 1/2 cups quinoa
- 2 3/4 cups veggie broth
- 1 tablespoon extra-virgin olive oil
- 1 1/2 tablespoons fresh lemon juice
- zest of 1 lemon
- 2 tablespoons flat leaf parsley or cilantro, chopped
- 1/2 cup toasted walnuts, chopped

1. Rinse quinoa in a fine mesh strainer.
2. Combine quinoa, broth, and oil; bring to a boil.
3. Cover and reduce heat to low; cook for 12 minutes.
4. Remove from heat and let stand for 5 minutes.
5. Fluff with a fork and mix in lemon juice, zest, parsley or cilantro, and toasted walnuts.



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