

Try a modern spin on quinoa

Quinoa Broccoli Pilaf is a satisfying vegan recipe made with what was the principal grain crop in the Andes before the conquest of America.

Quinoa (pronounced keen-Wah) has become popular in recent years with health-conscious Americans. The tiny grain contains roughly the same amount of protein as milk. Quinoa is also lower in saturated fat and higher in carbohydrates than most grains. It can be used like rice.

Quinoa expands to roughly four times its original volume.

We also tested this recipe with vegetable stock. Vegetable broth can be used, but **Swanson's vegetable broth** has a much higher sodium content than Kitchen Basic's Vegetable Stock.

To toast the almonds, preheat oven to 350 degrees and spread in a single layer on a baking sheet. Bake almonds 5 to 7 minutes or until golden.

We figured the nutritional analysis for this recipe as a side dish, but it can easily serve as a vegan main dish.

Quinoa Broccoli Pilaf

1 cup quinoa
2 teaspoons olive oil
1/2 medium onion, chopped
3 cloves garlic, minced
1 cup vegetable stock
1 1/4 cups water
1/3 cup chopped dry-pack sun-dried tomatoes
2 tablespoons lemon juice
1 teaspoon dried basil leaves
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups chopped broccoli florets, or frozen chopped broccoli, partially thawed and drained
2 tablespoons minced fresh parsley
2 tablespoons freshly grated Parmesan cheese
2 tablespoons sliced or slivered almonds, toasted