

## **Walnut Quinoa**

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Quinoa is an ancient grain native to South America, where the Incans called it “the mother grain,” presumably because they felt the benefits of its proteins. (Quinoa has more protein than any other grain, and contains all eight essential amino acids.)

Serve this as a basic side dish, or top it with roasted vegetables and serve it as a main course.

TIME: 20 minutes total

MAKES: 6 servings

1 cup dried quinoa  
2 cups chicken broth  
1/2 teaspoon salt  
1 cup walnuts  
2 tablespoons walnut oil  
Salt and freshly ground pepper

Preheat the oven to 400 degrees.

Combine the quinoa, broth, and salt in a small saucepan. Bring to a boil and simmer, covered, until all the water has been absorbed and the grains have puffed up, about 15 minutes.

Meanwhile, place the walnuts on a baking sheet and toast for about 10 minutes, or until the skins begin to brown and lift off the nuts. Allow to cool slightly, then chop finely.

When the quinoa is done, stir in the chopped walnuts and walnut oil, and season with salt and pepper, to taste. Serve immediately.