

Quinoa (Autumn Quinoa)

Servings: 4

Source: New York Times Cooking

Ingredients

- 3 TBSP Olive oil
- 1 cup quinoa
- 2 cups water
- 1 tbsp white cooking wine
- ½ sweet onion, diced
- 1 clove garlic, minced
- rosemary
- 1 tsp lemon juice
- 2 tbsps balsamic vinegar
- 1 cup sharp cheddar, cubed
- 1 cup baby spinach, raw
- 1 crisp, sweet apple, cored and diced

Method

1. Heat the olive oil in a medium-sized saucepan. Saute the garlic and onions with the olive oil and rosemary, until tender. About 3 minutes. Add quinoa and lemon juice to the pan. Saute the quinoa for 2-3 minutes, stirring occasionally to evenly toast the quinoa.
2. Pour on the white wine and allow it to cook off, continuing to cook the quinoa for another minute. Add two cups of water and bring the quinoa to a boil, then simmer on low with the pan covered for 20 minutes or until the quinoa looks fluffy and there is no extra water.
3. Add chopped apple, baby spinach, cubes of cheddar and balsamic vinegar and mix together until cheddar has melted and the greens wilted. Remove from heat and serve.