

Spiced Carrot and Zucchini Quinoa

Servings: 8

Source: Bon Appetit, April, 2007

Ingredients

- 4 cups Water
- 2 cups Quinoa, Rinsed Well & Drained
- 2 tablespoons Dried Currants
- ½ teaspoon Salt
- ¼ cup Olive Oil
- 2 medium Carrots, Peeled, Cut Into Small Cubes
- 2 medium Zucchini, Trimmed, Cut Into Small Cubes
- 1 tablespoon Hungarian Sweet Paprika
- 1 teaspoon Ground Cinnamon
- ½ cup Chopped Fresh Cilantro

Method

Combine first 4 ingredients in heavy large saucepan. Bring to boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until water is absorbed and quinoa is tender, about 20 minutes.

Meanwhile, heat oil in heavy large skillet over medium heat. Add carrots, saute until tender, about 5 minutes.

Add zucchini; saute until tender, about 3 minutes. Mix in paprika and cinnamon.

Add quinoa to skillet, toss to blend. Season with salt and pepper.

Do Ahead

Can be made 1 day ahead. Transfer to baking dish. Cover and chill. Rewarm, covered, in 350 oven about 15 minutes. Mix in cilantro and serve.

Notes

Corrected, 2026-07-26. <http://shazaminthekitchen.blogspot.com/2008/04/spiced-carrot-and-zucchini-quinoa.html>