

Spicy Mustard Quinoa



Makes:

4 servings, approximately $\frac{3}{4}$ cup each (192 g each)

Utensil:

1 Qt./1.9 L Sauce Pan with Cover
3 Qt./2.8 L Sauce Pan with Cover
11" Large Skillet with Cover

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Recipe:

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Recipe Description:

This spicy side-dish will bring a tasty zing to any meal. Low in calories, fat, sodium and sugar this flavorful grain is a wonderful substitute for rice. With zero cholesterol, quinoa will become a new family basic.

$\frac{1}{2}$ cup
split peas
(99
g)
 $\frac{1}{2}$ cup
quinoa
(85
g)
 $\frac{1}{2}$ cup
chicken broth
(120
mL)
2 tablespoons
coarse ground mustard
(31
g)
1 teaspoon
cumin
(5
mL)
 $1 \frac{1}{4}$ teaspoon
curry
(6.25
mL)
 $\frac{1}{2}$ teaspoon
turmeric
(2.5
mL)
1 teaspoon
crushed red pepper
(2.5
mL)

¼ teaspoon
salt
(1.25
mL)
4 teaspoons
lemon juice
(20
mL)
5 ounces
baby spinach
(240
g)
cilantro, garnish, optional

Directions:

1. In 1 quart sauce pan place 1 cup (240 mL) water and peas, cover and place on medium heat. When Vapo-Valve™ clicks reduce heat to medium-low. Set cover ajar and simmer for 45 minutes.
2. In 3 quart sauce pan place 1 cup (240 mL) of water and quinoa, cover and place on medium heat. when Vapo Valve™ clicks reduce heat to medium-low and simmer for 15 minutes. When all water has absorbed remove from heat, fluff, recover and let stand for 15 minutes.
3. Place skillet on medium-low heat. Combine chicken broth, mustard, cumin, curry, turmeric, red pepper, salt, lemon juice and peas. Stir approximately 2 minutes until simmering.
4. Add spinach and continue to cook, stirring until spinach is wilted, approximately 2 minutes.
5. Add quinoa and stir until heated through.
6. Garnish with cilantro, if desired.

Nutritional Information per

▼ Serving

Calories: 267
Total Fat: 4g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 417mg
Total 46g
Carbs:
Dietary Fiber: 11g
Sugar: 3g
Protein: 15g