

Quinoa with Walnuts & Dried Cherries

Serves 4-6

Ingredients

2 Tbsp olive oil
1 carrot, diced
1 onion, diced
1 cup quinoa
1 Tbsp freshly grated ginger
1 tsp ground cumin
2 cups water or stock
½ cup dried cherries
½ cup toasted, chopped walnuts
2 green onions, sliced
3 Tbsp chopped fresh parsley
2 tsp grated lemon zest
2 Tbsp fresh lemon juice
2 Tbsp honey
Salt & freshly ground black pepper, to taste

Directions

1. In a medium saucepan over medium heat, heat oil and sauté the carrot and onion with a pinch of salt until softened. Add quinoa and cook, stirring until fragrant and beginning to pop, about 5 minutes. Add ginger and cumin and cook, stirring for a minute. Add water/stock and bring to boil. Reduce heat, cover and simmer until liquid is absorbed, about 12 minutes.
2. Remove pan from heat and uncover. Toss in cherries, replace lid and allow to sit for 10 minutes. Fluff quinoa with fork and then add walnuts, green onions, parsley, lemon zest, lemon juice, honey and salt/pepper to taste. Stir to combine. Drizzle in more olive oil to taste.