

SPINACH AND QUINOA PILAF

INGREDIENTS:

- 1 Onion
- 3 Carrots
- 5 cups of Baby Spinach
- 1 cup of Quinoa
- 1/2 cup Plain Yogurt
- 1/4 cup Almonds
- 1/2 tsp. Salt
- 1 tsp. Pepper
- 1 tsp. Cinnamon
- 1 tsp. Cumin
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder



DIRECTIONS:

1. Cook quinoa according to package and stir in spices while cooking
2. Toast almonds in a dry pan over medium heat for 4-5 minutes (until golden & fragrant) - *Keep your eye on the stove because the almonds can burn easily!*
3. Let the almonds cool, then chop into small slices
4. Dice onion and chop carrots to desired size
5. Sauté onion and carrots for 5 minutes
6. Toss quinoa with sautéed veggies
7. Add spinach, almonds, and yogurt to the quinoa & veggie mix
8. Serve and enjoy!

TIPS:

- You can use different kinds of yogurt depending on your taste! *Using Greek yogurt, OR a **non-dairy yogurt** (like sheep's milk) can give pilaf a richer taste!*
- Cooking quinoa in vegetable broth gives your pilaf a boost in flavor!
- Sauté any of these extra ingredients with your onions and carrots for even more flavor:

