

Chickpea Quinoa Pilaf

This is a side dish that can easily turn into a main dish by adding a little baked tofu or seitan and a side of green veggies.



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Dinner, Gluten Free, Lunch, Sides



SERVINGS

6 servings

CALORIES

192 kcal

INGREDIENTS

- 1 Tbsp olive oil
- 1 medium Onion chopped
- 2 cloves garlic minced
- 1/2 tsp cumin
- 1/2 tsp Salt
- 1 Tbsp tomato paste
- 1 c Quinoa dry
- 1 15 oz can Chickpeas drained and rinsed
- 2 c vegetable broth

INSTRUCTIONS

1. In a small stockpot over medium heat, saute the onions in olive oil for about 7 minutes.
2. Add the garlic and saute for 2 more minutes.
3. Add the tomato paste, coriander, cumin, black pepper, and salt; saute for another minute.
4. Add the quinoa and saute for 2 minutes

5. Add the chickpeas and broth; cover and bring to a boil. Once the mixture is boiling, lower the heat to very low, cover, and cook for about 18 minutes, or until the quinoa has absorbed all the water; stir occasionally.
6. Fluff with a fork and serve.

NUTRITION

Nutrition Facts

Chickpea Quinoa Pilaf

Amount Per Serving

Calories	192	Calories from Fat	45
% Daily Value*			
Fat 5g	8%		
Saturated Fat	0.3g	2%	
Polyunsaturated Fat	1g		
Monounsaturated Fat	2g		
Sodium 372mg	16%		
Potassium 205mg	6%		
Carbohydrates 31g	10%		
Fiber 5g	21%		
Sugar 2g	2%		
Protein 7g	14%		
Vitamin A 50IU	1%		
Vitamin C 1.7mg	2%		
Calcium 40mg	4%		
Iron 3.2mg	18%		

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!