

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!