

Quinoa Pilaf (Gluten Free*)

A new twist on pilaf using Minor's® Vegetable Base and featuring the acent grain quinoa with dried fruit and pine nuts.



Yield	4-1/2 lbs (7 oz each)
Serves	10
Preparation time	20 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz	6	tbsp	Butter, salted	
8	oz	1-3/4	cups	Onions	small diced
1/2	oz	1	tbsp	Garlic	minced
2	tsp			Ginger root, fresh	minced
96	oz	12	cups	Water	hot
3	oz	4	tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
24	oz	1-1/2	lbs	Quinoa	mixed red & white
6	oz	1-1/4	cups	Cranberries, dried	
4	oz			Pine nuts	toasted
1	oz	1/2	cup	Parsley, fresh	chopped
2	oz	1/4	cup	Lime juice, fresh	

Preparation Steps

1. In a large pot, melt butter. Add onions, garlic and ginger root; sauté 2-3 minutes.
2. Add water, Vegetable Base and quinoa to the onion mixture. Stir to combine. Bring to a boil; reduce heat and simmer 15 minutes or until broth is absorbed. Remove from heat.
3. Toss in cranberries, pine nuts, parsley and lime juice. Salt and pepper to taste. Serve warm or chilled.

Chef's tip

Dried cherries or blueberries may be combined with the cranberries to add depth to the flavor.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	487.1
Energy (Kj)	2110.4
Protein (g)	12.7
Carbohydrate, total (g)	64.8
Fats, total (g)	20.6
Fats, saturated (g)	5
Fiber, total dietary (g)	18.6
Sodium (mg)	696.7
Calcium (mg)	49.3
Cholesterol (mg)	18.3
Iron (mg)	4.4
Fats, monounsaturated (g)	5



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Fats, polyunsaturated (g)	5.9
Vitamin A (µg_RAE)	175.2
Vitamin C (mg)	7.9
Vitamin D (µg)	0.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.