

# Arugula Quinoa Risotto with Ricotta and Walnuts

Prep Time: 15 minutes  
Cook Time: 35 minutes  
Total Time: 50 minutes

Yield: 6 servings  
Calories per serving: 280  
Fat per serving: 14.5g

## Ingredients

- 1 ½ cups vegetable broth
- 2 tablespoons extra virgin olive oil
- 1 onion, chopped
- 1 cups quinoa, rinsed
- 2 cloves garlic, minced
- ½ teaspoon dried thyme
- 1/2 teaspoon sea salt
- ½ cup white wine OR vegetable broth
- 2 tablespoons lemon juice
- 2 cups chopped arugula
- ½ cup grated Parmesan OR vegan Parmesan
- ½ cup low fat OR tofu ricotta
- 6 tablespoons walnuts, toasted and chopped

## Instructions

1. Put vegetable broth in a medium pan and warm.
2. In a separate pan, heat the olive oil to medium. Add onion and cook for 10 to 12 minutes, until tender. Add quinoa, garlic, thyme, and salt and cook for 3 minutes, stirring well. Add wine or broth and cook until it is almost absorbed.
3. Add the warm broth by the ½ cup full, cooking until the liquid is absorbed before adding more. Cook over medium low until all the broth has been incorporated. Stir in the lemon juice, arugula and Parmesan and cook until the arugula is wilted.
4. Divide into serving bowls and top with ricotta and walnuts.

## Notes

Servings 6, Calories 280, Fat 14.5g, Carbohydrates 22.7g, Protein 12.2g, Cholesterol 12mg, Sodium 498mg, Fiber 2.9g, Sugars 2.5g, WW Pts 7

<http://www.cookingquinoa.net/arugula-quinoa-risotto-with-ricotta-and-walnuts>