



Mediterranean Quinoa

2 cups water
1 cup quinoa
1 medium onion, very thinly sliced
2 cloves garlic, minced
10 oz cherry tomatoes, halved
1 teaspoon salt
¼ teaspoon red pepper flakes (to taste)
1 tablespoon olive oil
Handful fresh basil leaves, chopped
¼ cup Parmesan cheese, grated

Add water, quinoa, onion, garlic, cherry tomatoes, salt, red pepper flakes, olive oil and ¾ of the basil leaves to pot, stir and bring uncovered pot to a boil. Turn heat down to lowest setting, cover and gently simmer for 15 minutes.

Remove pot from burner and let stand covered for 5 minutes. Gently fluff with a fork. The cooking water should be completely absorbed. Sprinkle with remaining chopped basil and Parmesan cheese. Eat immediately. Makes 4 servings.

Nutrition information per serving: 232 calories, 9 grams protein, 7 grams fat, 32 grams carbohydrate, 684 mg sodium.