

Basil Pesto Quinoa

Switch up your routine! Instead of basil pesto pasta, try this basil pesto quinoa!

by Jill Yarbrough, Dining Services Test Kitchen Manager

- **Featured Food:** Quinoa
- **Yield:** Serves 4-6

Ingredients

- 1 c. quinoa
- 1 1/2 c. water
- 1/4 t. salt
- 1 c. fresh basil leaves
- 2 T. freshly grated parmesan cheese
- 1 T. + 2 teaspoons fresh lemon juice
- 2 t. minced garlic
- 2 T. olive oil
- 1 c. red bell pepper, diced
- 1/2 c. green onions, sliced
- 1/4 c. pine nuts, lightly toasted
- Salt and pepper to taste

Preparation

Wash quinoa. Combine with water and salt, and bring to a boil. Cover and simmer for about 15 minutes, until water is absorbed. Put in bowl and chill in refrigerator.

Blanch basil for 30 seconds in boiling water. Cool in ice bath.

Squeeze excess liquid from basil and put into food processor with parmesan cheese, lemon juice, garlic and olive oil. Blend until nearly smooth.

Add red peppers and onions to quinoa. Stir in basil mixture. Season to taste with salt and pepper. Top with pine nuts right before serving.

Serve as a side dish or as a great addition to a green salad.