

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

| | |
|--------------------------------------|-----------------------------------|
| 2/3 c. quinoa | 2 t. minced garlic |
| 1 1/2 c. water | 2 T. olive oil |
| 1/4 t. salt | 1 c. red bell pepper, diced |
| 1 c. fresh basil leaves | 1/2 c. green onions, sliced |
| 2 T. freshly grated parmesan cheese | 1/4 c. pine nuts, lightly toasted |
| 1 T. + 2 teaspoons fresh lemon juice | 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.