

Quinoa with Spinach and Feta Cheese

I am always looking for ways to use quinoa- it's such a healthy grain! Quinoa is similar to brown rice, with a higher protein content. This is a delicious side dish or light meal. I have made this recipe a few times and have added tomatoes, onions and mushrooms and it comes out delicious!

20 Minutes to Prepare and Cook

Ingredients

1/2 cup uncooked quinoa
1 tsp. extra virgin olive oil
2 cloves garlic, sliced very thin
1 cup fresh spinach
1 ounce feta cheese

Directions

Rinse the quinoa in a strainer. (Use a sifter if you don't have a strainer that's small enough.) In a small saucepan, add the quinoa and 1 cup of water. Bring to a boil over high heat, then cover and reduce heat to simmer until water is absorbed, about 10-15 minutes.

Meanwhile, heat a skillet over medium heat and add the olive oil and garlic. Cook the garlic in the oil until the edges of the garlic turns very light brown, being careful not to burn the garlic (reduce heat to low if necessary). When the quinoa is done cooking, add it to the skillet along with the spinach. Stir it together until the spinach wilts. Add the crumbled feta cheese and stir to combine.

Number of Servings: 2
Recipe from SparkPeople.com

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