

Quinotto

Serves 2

- 1 cup of quinoa
- 3 cups of boiling diluted chicken broth (half water)
- 1 chopped shallot
- 1/2 cup finely chopped flat leaf parsley
- 1/2 cup crumbled feta cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

In a heavy nonstick soup pot over medium low heat, lightly toast the quinoa for about 5 minutes or until it turns slightly golden. Pour in 1 cup of boiling broth, stirring continuously. When it has been absorbed add a little more boiling liquid, stirring all the while a little at a time. Keep adding liquid until it is all absorbed. Do not cover with a lid. The quinoa should be just simmering. This should take about 10 minutes or so. Add the chopped shallot. Cover and remove from the heat and let rest for 5 minutes. Add the feta cheese, salt and pepper and parsley. Let it sit for 5 minutes more, fluff with fork and serve.

320 calories per serving