

## Quinotto

This is a quinoa recipe that serves 2 as a main dish or 4 as a side dish. Quinotto is an Italian risotto with a Peruvian twist. It is made with quinoa instead of arborio rice because low glycemic recipes require a low glycemic grain.

This can be served with an assorted greens salad. Look for the organic, baby, leafy greens in plastic containers in supermarkets or in bulk in the natural foods market. Arugula or watercress could be added for a nice peppery contrast to the quinoa.

### Serves 2

- 1 cup of quinoa
- 3 cups boiling diluted chicken broth (half water)
- 1 chopped shallot
- ½ cup finely chopped parsley
- ½ cup feta cheese
- ½ teaspoon salt
- ¼ teaspoon pepper

In a heavy nonstick frying pan 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. Keep adding liquid until it is all absorbed. 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, pepper and parsley. Let it sit for 5 minutes more, fluff with fork and serve. Sprinkle a little parsley on top for garnish.