



Makes 4½ cups pilaf + 3 cups vegetables

Preparation Time: 45 minutes

Cook Time: 20 minutes

INGREDIENTS:

2 cups + 1 tablespoon low-sodium vegetable broth

1½ cups dry quinoa, rinsed and drained

3 cloves garlic, minced

3 cups fresh baby spinach, chopped

2 tablespoons chopped fresh mint

2 tablespoons chopped fresh dill

Sea salt, to taste

Freshly ground black pepper, to taste

1 tablespoon lemon juice

½ teaspoon smoked paprika

8 oz. fresh asparagus, trimmed

1 cup fresh sugar snap peas

1 medium kohlrabi, cut into wedges (1 cup)

4 scallions, trimmed

6 radishes, halved

Lemon wedges

Quinoa Pilaf Primavera

Garlicky, herbal, and piled high with freshly grilled veggies, this delightful **quinoa** pilaf bursts with spring produce and is cooked inside using a grill pan for convenience. Aromatic mint and dill deliver oodles of fresh flavor to the chewy grains, while nutrient-dense **spinach** adds an extra dose of fiber to the medley. While the pilaf base simmers, you can get to work on basting fresh produce with a lemon-paprika marinade before sizzling them on a grill pan on the stove. The key to delicious, smoky char marks is to let the veggies cook undisturbed on each side for several minutes at a time. You might have to cook the veggies in a few batches depending on the size of your pan, so be sure to start with the densest ingredients first, since those will take the longest and won't cool down as quickly as the lighter veggies. Finish this healthy dish with a squeeze of lemon juice right before serving, and dig in!

For more **healthy quinoa recipes**, check out these tasty ideas:

- **Turnip and Sweet Potato Croquettes with Quinoa Pilaf and Tofu Remoulade**
- **Zucchini Rollatini with Quinoa and Chickpeas**
- **Quinoa Broccoli Bowls with Roasted Beets**
- **Quinoa Taco Bowls**

By Nancy Macklin, RDN

- 1** Preheat oven to 200°F. In a medium saucepan combine 2 cups of the broth, the quinoa, garlic, and 1 cup water. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until quinoa is tender. Remove from heat. Stir in spinach, mint, and dill; let stand 5 minutes. Season with salt and pepper.
- 2** In a small bowl stir together the remaining 1 tablespoon vegetable broth, the lemon juice, and paprika.
- 3** Meanwhile, preheat a grill pan over medium-high. Grill asparagus, sugar snap peas, kohlrabi, scallions, and radishes 8 to 10 minutes or until crisp-tender, turning and brushing with lemon juice mixture once or twice. (If necessary, grill in batches and keep warm on a foil-covered baking sheet in a 200°F oven while grilling the remaining vegetables.)
- 4** Serve grilled vegetables over quinoa. Serve with lemon wedges and top with additional fresh herbs.