

Carrot, Tomato, and Spinach Quinoa Pilaf

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-tomato-and-spinach-quinoa-pilaf-recipes>

Ingredients:

- 2 teaspoons olive oil
- 1/2 onion chopped
- 1 cup quinoa
- 2 cups water
- 2 tablespoons vegetarian chicken flavored bouillon granules
- 1 teaspoon ground black pepper
- 1 teaspoon thyme
- 1 carrot chopped
- 1 tomato chopped
- 1 cup baby spinach

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 63 grams
3. Fat: 10 grams
4. Fiber: 8 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 55 milligrams
8. Sugar: 4 grams

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