

# Quinoa Pilaf

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-pilaf-indian-recipe>

## Ingredients:

- olive oil
- 1 yellow onion medium, finely chopped
- 1/2 bell pepper finely chopped
- 1 garlic clove minced
- 1/4 cup pine nuts
- 2 cups quinoa
- 4 cups water
- 1/8 teaspoon pepper
- 1/4 cup chopped fresh mint
- 1/4 cup fresh basil chopped, or Thai basil\*
- 2 tablespoons chopped fresh chives or green onions including the greens
- 1 cucumber peeled, seeds removed, chopped
- salt
- pepper

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 37 grams
3. Fat: 9 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 125 milligrams
8. Sugar: 2 grams

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