



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	341
PROTEIN	8 G
CARBOHYDRATE	35 G
TOTAL FAT	20 G

PREP TIME:	15 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF BATCH

INGREDIENTS:

1½ C	QUINOA, PRE-RINSED OR RINSED
1^{2/3} C	LOW SODIUM CHICKEN BROTH (BEST QUALITY SUCH AS SWANSON), OR VEGETABLE BROTH
3 TBSP	EXTRA VIRGIN OLIVE OIL, DIVIDED
1	SMALL YELLOW ONION, FINELY CHOPPED
2	SMALL CARROTS, PEELED AND DICED
3/4 TSP	DRIED THYME
4 OUNCES	SHIITAKE MUSHROOMS, STEMMED AND THINLY SLICED
2	CLOVES GARLIC, MINCED
1/3 C	CHOPPED PECANS, TOASTED IF DESIRED
1/4 C	CHOPPED FRESH PARSLEY
	SALT AND GROUND BLACK PEPPER



QUINOA PILAF w/ MUSHROOMS, CARROTS, PECANS

QUINOA ALL GUSSIED UP AS A SIDE DISH!

- 01 Combine quinoa and chicken broth in a medium sauce pan. Bring to a boil, then turn heat down to low, cover and simmer until quinoa is cooked, about 15 minutes.
- 02 In the meantime, heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the onions and cook, stirring occasionally, until they start to soften, 2-3 minutes.
- 03 Add the carrots and thyme and cook until the carrots are just tender, 5-7 minutes.
- 04 Add remaining tablespoon of olive oil, along with mushrooms and garlic. Cook, stirring constantly, until mushrooms are cooked through, a few minutes. Season vegetables with 1/4 teaspoon salt and freshly ground black pepper to taste.
- 05 Add cooked quinoa to vegetables and stir in pecans and chopped parsley. Taste and adjust seasoning if necessary. Serve hot or warm.

