

Apricot Cilantro Quinoa Pilaf

Dried apricots sprinkle this quinoa pilaf with chewy, sweet fruit flavors which balance crunchy, toasted pumpkin seeds. Cilantro and lemon juice brighten this hearty-healthy grain salad. This recipe comes to us from Jen Brody of [Domestic Divas](#).

Serves 4

- 1 tablespoon olive oil
- 1 shallot, peeled and chopped
- 1 cup quinoa
- 2 cups low sodium vegetable stock
- 1/4 cup dried apricots, chopped
- 1/4 cup toasted pumpkin seeds or pepitos
- 2 tablespoons fresh cilantro, chopped
- salt and freshly ground pepper, to taste
- lemon juice, to taste

Place the olive oil in medium pot over medium heat. Add the shallot and sauté for 3-5 minutes, or until softened.

Rinse the quinoa in a colander under cold water for 2 minutes.

Add the stock, quinoa and apricots to the pot. Bring to a boil, reduce heat to medium low, cover and simmer for about 10-15 minutes, or according to package directions.

When the quinoa is cooked through, remove the pot from heat and fold in the pumpkin seeds and cilantro. Season with salt and pepper to taste.

Finish with a little lemon juice if desired. Garnish with some extra cilantro and enjoy!