

[Spring Vegetable and Quinoa Pilaf](#) Bon Appétit | May 2010

by Lora Zarubin

Quinoa, a grain with a texture like that of couscous, is sold at natural food stores. Serve this side dish with lime wedges.

Yield: Makes 4 servings

ingredients

1 3/4 cups low-salt chicken broth
1/2 teaspoon coarse sea salt plus additional for seasoning
1 cup quinoa, rinsed and drained 3 times
6 baby golden beets, peeled, cut into 1/3-inch cubes
3 tablespoons olive oil
2 garlic cloves, minced
1 cup 1/2-inch pieces orange bell peppers
1 cup 1/2-inch pieces red bell peppers
1/2 pound asparagus, trimmed, cut on diagonal into 3/4-inch pieces
1 cup 1/2-inch pieces trimmed baby zucchini (about 6 ounces)
Freshly ground black pepper
4 green onions, thinly sliced
1 tablespoon chopped fresh Italian parsley

preparation

Bring broth and 1/2 teaspoon sea salt to boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes. Remove from heat; fluff with fork. Cover and reserve.

Meanwhile, bring 1 1/4 cups water to boil in large nonstick skillet over medium heat. Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in skillet evaporates. Increase heat to medium-high. Add olive oil and garlic; sauté 30 seconds. Add all bell peppers, asparagus, and zucchini. Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes. Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with sea salt and pepper.

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