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Prevent and Protect
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QUINOA WITH PISTACHIOS

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1½ cups quinoa, soaked in filtered water for 4-10 hours
1¾ cups filtered water
Sea Salt
1/3 cup golden raisins
1/3 cup raw pistachios

- Drain quinoa, and rinse well. Drain again, and place in a 2-quart saucepan.
- Add 1¾ cups filtered water, a large pinch of salt, and the golden raisins. Bring to a boil, cover, reduce heat, and simmer for 15 minutes. Let quinoa stand for 5-10 minutes until liquid is absorbed.
- Preheat oven to 300 degrees. Place pistachios on a baking sheet, and roast until lightly golden and fragrant, 6-8 minutes.
- Remove from baking sheet, and coarsely chop. Add to quinoa, and fluff with a fork to evenly distribute the nuts and raisins.
- Season with salt.