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**Prevent and Protect**  
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## **QUINOA WITH PISTACHIOS**

**Martha Stuart Living – January 2012**

**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.**