

Parmesan Quinoa

Ingredients (makes 6 servings, serving size: 1/2 cup)

- 1/2 cup Uncooked quinoa (white, red, or tri-color)
- 1 Tablespoon Olive oil
- 1/4 teaspoon Garlic powder
- 1/4 cup Parmesan cheese, grated
- 1/2 cup Cherry tomatoes, halved (optional)
- 1 Tablespoon Fresh basil, finely chopped OR 1 teaspoon dried basil (optional)
- Optional Salt and pepper

Directions

1. Rinse uncooked quinoa if not purchased pre-rinsed.* Boil-in-Bag Quinoa is a good option, which cooks in 15 minutes in a microwave.
2. Cook uncooked quinoa according to package directions.
3. Toss cooked quinoa with olive oil, garlic powder and parmesan cheese.
4. Add tomatoes and basil (optional)
5. Salt and pepper to taste (optional)

Nutrition Information- Per serving

Calories	76	Total Sugars	0.45g	Sodium	7mg
Protein	3.2g	Total Fat	3.3g	Cholesterol	0mg
Carbohydrate	9.8g	Saturated Fat	0.5g	Fiber	1.2g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.