



# Basil Quinoa with Red Pepper and Sunflower Seeds

16 Servings • 1 Serving = ¼ Cup

Adapted from New Sonoma by Connie Guttersen, RD, PhD

## INGREDIENTS

- 2 cups water
- 1 cup basil leaves
- 3 teaspoons garlic, minced
- 3 Tablespoons parmesan cheese, grated
- 2 Tablespoons lemon juice, divided
- 3 Tablespoons extra virgin olive oil
- 2 cups cooked quinoa
- 1 cup red peppers, diced
- ½ cup green onions, sliced
- Salt and freshly ground black pepper, to taste
- ¼ cup shelled sunflower seeds

## DIRECTIONS

1. Bring 2 cups water to a boil in a small sauce pot. Set up an ice bath in a bowl.
2. Add the basil to the boiling water, stir once and drain immediately. Place in the ice bath to cool quickly. Gently squeeze out any excess water.
3. Place basil in a food processor with the garlic, parmesan cheese, 1 Tablespoon lemon juice, and olive oil. Puree until smooth.
4. Place the quinoa, red pepper, and green onions in a bowl. Season with the basil puree, salt, and pepper. Add remaining lemon juice if necessary.
5. Sprinkle with sunflower seeds.

## Nutrition Facts

16 servings per container	
Serving size	1/4 cup
Amount per serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 68mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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