

Toasted Quinoa with Kale and Pine Nuts

From Delicious Living magazine

1 cup quinoa, washed and drained
½ teaspoon sea salt
2 tablespoons olive oil, divided
1 ¾ cups boiling water
3 cloves garlic, minced
4 cups lightly packed chopped kale leaves
1 tablespoon fresh lemon juice
1/3 cup pine nuts, toasted

1. Dry-toast quinoa in a medium saucepan, stirring until golden and fragrant, about 6 minutes. Add salt, 1 tablespoon olive oil, and boiling water. Reduce heat to low, cover, and simmer 20 minutes. Let stand 5 minutes; then fluff with a fork.
2. In a skillet over medium-high heat, add remaining olive oil and garlic; sauté 30 seconds. Add kale; sauté until deep green and tender, 3-4 minutes. Stir in cooked quinoa, lemon juice, pine nuts, and salt and pepper to taste.

Serves 4