

# EASY | RECIPE

## Autumn Pilaf

Flavored with fruit and mint, the hero of this pilaf is quinoa (*KEEN-wa*), high in protein and fiber, and gluten-free.

### Dressing:

2 tbsp fresh lemon juice  
2 tbsp rice wine vinegar  
2 tbsp olive oil  
 $\frac{1}{8}$  tsp coarse salt

4 cups quinoa, cooked  
1 large Granny Smith apple,  
finely diced  
 $\frac{1}{3}$  cup red onion, finely  
diced

$\frac{1}{4}$  cup dried cranberries  
 $\frac{1}{4}$  cup pine nuts  
3 tbsp chopped fresh mint  
 $\frac{1}{3}$  cup crumbled feta  
cheese

1. Cook quinoa according to package directions (takes about 15 minutes).  
Meanwhile, combine dressing in a sealed container, and shake well. Set aside.
2. In a large bowl, mix quinoa with apple, onion, cranberries and pine nuts.
3. Before serving, mix in mint, feta and dressing.
4. Serve as a side dish or on hearty greens.

**MAKES ABOUT 6 1-cup servings. Per serving:**

314 calories | 7.5g protein | 12.6g fat | 2g sat fat | 1.4g mono fat | 2g poly fat  
| 0mg cholesterol | 43g carbs | 17g sugar | 5g fiber | 153mg sodium

