

Basil Quinoa with Red Bell Pepper

Ingredients

Serving Size/Yield: 8 servings

3 cups water
1 cup fresh basil leaves, lightly packed
2 Tablespoons parmesan cheese
2 Tablespoons lemon juice
2 Tablespoons olive oil
4 cloves garlic, minced
2 cups cooked quinoa or ½ cup dry quinoa
1 cup red bell pepper, chopped
½ cup green onions, sliced
Salt and pepper

Nutritional Information (Per Serving):

Calories: 123cal
Carbohydrates: 139g
Total Fat: 7g
Protein: 4 g
Fiber: 2g
Cholesterol: 1mg
Sodium: 115 mg
Adapted from: WebMD

Directions

1. Bring 1 cup of water and ½ cup dry quinoa to a boil in a sauce pan. Reduce heat to medium-low, cover and simmer until quinoa is tender and water has been absorbed (10-15 minutes). Set aside.
2. In a small saucepan, bring two cups of water to a boil. In a small bowl, combine cold water and ice to make a ice bath. Add the basil to the boiling water, stir once and drain immediately.
3. Place basil in the ice bath to cool quickly. Gently squeeze out any excess water.
4. Place basil in food processor or blender. Add cheese, lemon juice, olive oil and garlic. Process until smooth.
5. In a medium bowl, stir together cooked quinoa, bell pepper and green onions. Add basil mixture and stir to coat. Season with salt and pepper.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Fresh Basil leaves	\$3.49 / 2.5 OZ PKG	\$2.00
Parmesan cheese	\$3.99/ 8 oz can	\$0.50
Lemon juice	\$.99/ 4.5 squeeze bottle	\$0.30
Olive oil	\$6.49/ 16.9oz bottle	\$.40
Minced garlic	\$.50	\$.15
½ cup dry Quinoa	\$6.49/ 12oz box	\$2.16
Red bell pepper	\$1.50/ 1ea	\$1.50
Green Onions	\$.99/ 1 bunch	\$0.99
Salt	\$0.99/ 26oz can	\$0.05
Ground pepper	\$1.75/2 oz can	\$0.15
TOTAL	\$27.18	\$8.20
		Cost per Serving: \$1.03

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