

# Recipe: Spring Quinoa Risotto



A Main Streets Project

PREPARATION TIME



## Spring Quinoa Risotto

Principal Plate

35  
minutes

### INGREDIENTS

- 2½ cups cauliflower florets, cut in 1-inch pieces, stems well-trimmed
- 1/2 cup finely chopped onion
- 2 Tbsp. finely chopped shallot
- 2/3 cup quinoa, rinsed and drained
- 3½ cups chicken broth/ water
- 1/3 cup thinly sliced baby carrots
- 1/2 cup baby green peas
- 1/4 cup grated Parmesan cheese
- Salt and freshly ground black pepper
- 1/3 cup chopped flat leaf parsley
- 1½ Tbsp. extra virgin olive oil

### INSTRUCTIONS

Place cauliflower in food processor. Pulse until cauliflower resembles crumbled feta, about 15-20 pulses; there should be 2 cups chopped cauliflower to set aside. Use leftover to add to soup or salad.

In heavy, wide, large saucepan, heat oil over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Add shallots and cook until golden, about 3 minutes, stirring occasionally. Add quinoa and cook, stirring constantly, until grain makes constant crackling, popping sound, about 5 minutes. Carefully add 2 cups broth, standing back as it will spatter. Cover, reduce heat and simmer quinoa for 10 minutes.

Add cauliflower, carrots and 1/2 cup hot broth and simmer, uncovered, for 5 minutes, stirring often. Add peas and enough broth to keep risotto soupy, about 1/4 cup. Cook 8-10 minutes, or until quinoa is al dente or to your taste and vegetables are tender-crisp, adding broth 1/4 cup at a time, as needed. Risotto is done when liquid is mostly absorbed and mixture is slightly wet, but not soupy. Off heat, stir in cheese and season to taste with salt and pepper. Garnish with parsley and serve. Leftover risotto keeps for 3 days, covered in refrigerator, and can be served at room temperature as a whole-grain salad.

COOKING TIME

25  
minutes

SERVINGS

8  
people

Quinoa is an exceptional source of protein, calcium, iron, and all eight essential amino acids!

more information:  
[jpelletier@salem.com](mailto:jpelletier@salem.com)  
 978-619-5604  
[mimsalem.org](http://mimsalem.org)  
[salemmainstreets.org](http://salemmainstreets.org)

### NUTRITIONAL INFORMATION (per serving)



4.5	g of total fat
18	g of total protein
3	g of dietary fiber
14	g of total carbs

### Key words

quinoa, cauliflower, risotto, onion, shallot, baby carrots, green peas, parsley

*If you haven't tried it yet, seriously, do. Feeling inspire you can create a quinoa dish of your own*

