ONE-POT QUINOA WITH PEAS & LEMON

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 shallot, chopped
- 1 (10 oz) package frozen peas (or fresh peas)
- 2 cups cooked quinoa
- Zest of 1 lemon
- ¼ cup crumbled goat cheese (or feta cheese)
- ¾ teaspoon salt
- ½ teaspoon ground pepper



Nutrition per Serving:
Serving Size: 1/2 cup

- 148 calories
- fat 5g
- cholesterol 6mg
- sodium 369mg
- carbohydrates 21g
- dietary fiber 4g
- protein 6g
- sugars 3g
- saturated fat 1g

DIRECTIONS:

- Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until softened, about 2 minutes.
- Stir in peas and quinoa; cook, stirring often until heated through, about 5 minutes.
- Stir in lemon zest, cheese, salt, and pepper.

Makes 6 Servings

Reference: https://EatingWell.com