



## Golden Quinoa Pilaf

Peggy served this delicious pilaf at our 2017 Taste Luncheon. This dish is vegan, and glutenfree.

- 2 c whole grain quinoa, any color
- 2 T olive oil
- 2 cloves garlic, crushed
- 2 t turmeric
- 2 t cumin
- ½ t salt
- 1 c diced sweet onion
- 1 c diced red bell pepper
- 1 medium carrot, grated
- 3 c water
- 1 c frozen baby peas
- chopped fresh Italian parsley

Rinse quinoa in a fine mesh strainer, rubbing with fingers, until water runs clear. Drain well.

In preheated pressure cooker, on medium heat, add the oil and garlic.

Cook until fragrant, but not brown.

Stir in turmeric, cumin, and salt.

Add the onion, peppers, and carrot with the quinoa, tapping the quinoa into the pot. Make sure none sticks on the rim.

Pour in the water.

Close and lock the lid. Set for one minute at high pressure. Allow the pressure to release naturally, about 10-15 minutes. Then slowly release the rest of the pressure.

Disengage the Keep Warm setting.

Fluff with a fork while stirring in the peas.

Garnish with parsley.