

01/30/12 - Quinoa With Arugula

Going back to the January theme of becoming fit and healthy, the subject of brown rice and quinoa dishes comes to mind. I made these two dishes last week when my 43 year old marathon running niece was visiting. We were thinking of healthy side dishes, but both of these would make wonderful main courses for a vegetarian



We always try to eat vegetarian 1 or 2 nights a week. It gives my digestive system a chance to recover from hard to metabolize things like red meat. I am not a doctor, it's just my opinion, but it's nice to go light. Whole grain with a dark green leafy vegetable, what could be better. Serves 3 to 6

2 large brown onions

2 tablespoons safflower oil

1 1/2 cups quinoa

Or

1 1/2 cups brown rice (I prefer Lundberg's brown and wild rice blend)

1/2 cup brown lentils

3 cups water

Salt

Pepper

2 cups wild arugula (rocket)

1/2 cup shelled pistachios

Peel and dice 1 onion and then set it aside in a bowl. Peel and slice in half second onion. After slicing in half, place onion halves cut side down on cutting board and slice in thin slices. Heat a large saucepan on medium heat, add 1 tablespoon oil and then, add diced onions. Heat a 12 in sauté pan on medium heat, add oil, and add sliced onions. Cook sliced onions until golden brown and caramelized, stirring



Sauté diced onions until golden, season with salt and pepper, add rice or quinoa, and add lentils. Stir, season with salt and pepper, and add water. Place lid on saucepan and as soon as the rice or quinoa comes to a boil turn heat down to low and simmer until water is all absorbed.



Take rice or quinoa off the heat. Place in a bowl and stir in arugula. Garnish with caramelized onions and pistachios.



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