

## Cheesy Garlic Quinoa



### Ingredients:

- 1 cup quinoa
- 1 3/4 cups chicken or vegetable broth
- 1 tablespoon canola oil
- 3 cloves garlic, minced
- 1/2 cup parmesan cheese, grated

### Instructions:

1. Rinse quinoa under cold water and drain.
2. Heat oil in a small pan. Add garlic and sauté until light brown.
3. Add quinoa and brown for 1 minute, stirring often.
4. Add chicken broth and increase heat to high.
5. Cover and bring to a boil. Reduce heat to medium-low.
6. Cook until tender, about 15 minutes.
7. Stir in cheese and serve.

Makes 4 servings.



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