



Quinoa Recipes



Ranch House Omelet



This protein-packed omelet is full of vegetables and it's right at home at breakfast, lunch or dinner.

Ingredients:

Ingredients:

- 1/4 cup water
- 2 tablespoons quinoa
- 1 1/2 teaspoons butter, divided
- 2 asparagus spears, cut into 2-inch pieces
- 1/4 cup diced white button mushrooms
- 2 tablespoons thinly sliced green onion
- 2 tablespoons halved cherry tomatoes
- 2 large eggs
- 1 tablespoon milk
- 2 teaspoons basil pesto
- 1/4 cup low-fat cottage cheese

Directions:

Directions: Bring the water and quinoa to a boil in a small saucepan. Reduce to a simmer, cover and cook for 10 minutes. Turn the heat off and leave the covered saucepan on the burner for an additional 5 minutes. Remove the lid, and fluff with a fork. Set aside.

Melt 1 teaspoon of the butter in a nonstick frying pan over medium heat. Sauté the asparagus and mushrooms for 4 minutes. Add the green onion and sauté for another 3 minutes, or until the asparagus is tender. Remove the vegetables from the pan, mix in the tomatoes and set aside.

Heat the frying pan over medium heat and add the remaining 1/2 teaspoon of butter. Whisk together the eggs, 1/4 cup of cooked quinoa, milk and pesto. Pour the mixture into the saucepan, and cover with a lid or foil.

Cook for about 1 1/2 to 2 minutes, until the top of the eggs is firm. Place the vegetables on half of the omelet. Cover and cook for 30 seconds to heat the vegetables. Transfer the omelet to a plate and spoon the cottage cheese over the vegetables. Fold the omelet in half over the filling and serve immediately. Makes 1 serving.

Recipe used with permission from Quinoa 365: The Everyday Superfood, by Patricia Green and Carolyn Hemming (Whitecap Books, 2010).