**LEMONY QUINOA**

- ¼ cup pine nuts
- ¼ red onion, chopped
- ¼ cup quinoa
- ¼ tsp cayenne pepper
- 2 cups water
- ½ tsp salt to taste
- ½ tsp ground cumin
- ¼ cup fresh lemon juice
- 1 bunch fresh parsley, chopped
- 2 stalks celery, chopped

Toast the pine nuts briefly in a dry skillet over medium heat for 5 minutes. Stir constantly to prevent burning. Set aside to cool. In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.

Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if necessary before serving.

Serving Suggestions: This sets beautifully on a bed of lettuce or spinach, as a side dish for fish or chicken or by itself as a healthy and high protein snack.

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**VEGGIES WITH CREAMY CHIVE + ONION SAUCE**

4 carrots (½ lb), sliced
4 cups cauliflower florets
2 cups broccoli florets
2 green onions, thinly sliced

Bring carrots and cauliflower to boil in 1 inch water in large deep skillet; cover. Cook for 2 minutes. Add broccoli and cook covered for an additional 3-5 minutes or until vegetables are crisp-tender.

Heat oil in a small saucepan on medium-high heat. Add onions and cook by stirring for 1 minute. Add cream cheese and milk, and cook by stirring for additionally 2-3 minutes or until cream cheese is melted. Drain vegetables, top with cream cheese sauce and serve.

1 tub (8oz) chive and onion cream cheese spread
1/3 cup milk

4 carrots (½ lb), sliced
4 cups cauliflower florets
2 cups broccoli florets
2 green onions, thinly sliced

Veggies With creamy chive + onion sauce