**Quinoa Pilaf**

(pronounced Keen-wha)

7 mL olive oil

¼ onion, chopped

½ celery, diced

1 carrot, peeled and finely chopped

60 mL quinoa

125 mL chicken or vegetable stock (125 mL water + 1 packet oxo)

1 bay leaf

½ grated rind of lemon

7 mL fresh lemon juice

60 mL frozen peas, thawed

1. In a medium pot over medium heat, heat oil and sauté onion, celery and carrot for 10 minutes.
2. In a strainer, rinse quinoa under cold water, drain well and add to pot. Cook, stirring for 1 minute.
3. Add stock, bay leaf, lemon rind and juice; bring to a boil. Reduce heat to medium-low, cover and simmer for 15 to 20 minutes or until liquid is absorbed and quinoa is tender. Discard bay leaf. Stir in peas; season with salt and pepper.