

Orange Pistachio Quinoa

MAKES 6 SERVINGS • PREP TIME: 15 minutes • COOK TIME: 15 minutes

Quinoa is its own little ecosystem, containing all of the essential amino acids that we must obtain through the diet. Put another way, quinoa brings some good nutrients to the table that the body needs to begin repairing itself. Its mild taste makes it a perfect backdrop for this nicely layered crunchy/chewy portable dish, in which olive oil, citrus, vitamin-rich pistachios, and raisins dance delightfully on the taste buds, and herbs (mint, cumin, and coriander) provide a huge hit of taste and anticancer nutrients.

½ cup raw pistachios

1½ cups quinoa

2½ cups Magic Mineral Broth or water

1 teaspoon sea salt

1 teaspoon cumin

½ teaspoon coriander

⅛ teaspoon freshly ground pepper

½ cup chopped fresh mint

2 scallions, both green and white parts, finely chopped

¼ cup freshly squeezed orange juice

Zest of 1 orange

1½ tablespoons olive oil

1½ tablespoons freshly squeezed lemon juice

½ cup raisins

Preheat the oven to 325°F.

Spread the pistachios in an even layer on a sheet pan and bake for 7 to 10 minutes, until aromatic and slightly browned. Let cool.

Place the quinoa in a fine-mesh strainer and rinse well under cold running water to remove all the resin.

In a pot, bring the broth and 1 teaspoon salt to a boil. Add the quinoa and cover. Decrease the heat and simmer for 15 minutes or until all the water is absorbed. Remove from the heat and allow to rest covered for at least 10 minutes. Fluff with a fork and allow to cool.

Transfer the quinoa to a large bowl. Stir in the cumin, coriander, salt, and pepper. Add the mint, scallions, orange juice, orange zest, olive oil, lemon juice, toasted pistachios, and raisins. Mix well and taste; you may need a pinch of salt, a squeeze of lemon, or a dash of olive oil.

VARIATION: Make this a meal in a bowl by adding 1 cup of cooked chickpeas or other protein and a generous handful of arugula or spinach when you stir everything together.

Culinary Pearls

- Rinse! Quinoa is naturally coated with a bitter-tasting resin. To get rid of the resin, put the grain in a bowl of cool water, swish it around with your hand, then drain it in a fine-mesh sieve.
- To cool quinoa more quickly, spread it out on a sheet pan and “rake” it with a fork.
- Regularly consuming tree nuts, such as almonds, cashews, walnuts, pecans or hazelnuts, may provide health benefits, such as lower colon cancer recurrence and reduced insulin resistance.
- They are a nutrient-dense snack that will help satisfy hunger, are very portable and are easy to add to recipes for texture and flavor.
- Toasting nuts will give them an extra crunch and concentrated flavor.