

# Angel Hair with Quinoa & Rice Pilaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 6 ounces

Ingredients	Quantity	Measure
<b>Quinoa</b>		
Red quinoa, rinsed and drained	1	cup
Water	2	cups
Salt	1	teaspoon
<b>Pasta</b>		
Angel hair pasta, dry, broken into small pieces	4	ounces
Olive oil	1	tablespoon
Water	½	cup
<b>Pilaf</b>		
White or yellow rice, cooked	8	ounces
Red bell pepper, diced small	½	cup
Green bell pepper, diced small	½	cup
Red onion, diced small	½	cup
Fresh garlic, minced	1	tablespoon
Olive oil	1	tablespoon
Salt	½	teaspoon
Pepper	½	teaspoon

## Preparation

1. Make the quinoa: In a medium pot, bring water for quinoa to a boil. Add salt and rinsed quinoa. Cook until quinoa has a spiral look and all water has been absorbed. Set aside.
2. Make the pasta: In a large pot, sauté pasta in olive oil until browned. Add water and cook for 2-3 minutes until tender.
3. Make the pilaf: In a separate pan, sauté red and green bell pepper, red onion, garlic, salt, and pepper.
4. Assemble: Combine cooked rice, cooked quinoa, cooked pasta and vegetables in a large bowl.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 193 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 31g Fiber: 3g Total Sugar: 2g Protein: 6g Sodium: 155mg Vitamin A: 16µg  
Vitamin C: 20mg Calcium: 23mg Iron: 2mg Folate: 91µg