

Moroccan Quinoa Pilaf

Serves 6

2 to 4 tablespoons extra virgin olive oil

1 medium onion, diced

4 carrots, sliced into rounds

1 cup raw almonds, chopped

1 can chick peas

½ cup currants

1 ½ to 2 teaspoons mild curry powder

½ teaspoon turmeric

½ teaspoon ground cardamom

1 teaspoon Herbamare

4 cups chopped kale

4 to 5 cups cooked and cooled quinoa

1 small lemon, juiced

1. Heat a large 12-inch skillet or wide pot over medium heat. Add olive oil and chopped onions and sauté for 4 to 5 minutes. Add the sliced carrots and sauté for about 10 minutes more and allow the onions to cook but not brown.

2. Add the almonds, currants, spices, and salt and sauté 5 minutes more. Add the kale. Note: it is best if your kale is still dripping wet from rinsing when adding it to the pot. The extra water will help it to cook. Sauté for about 5 minutes or until kale is tender.

3. Then add cooked quinoa and stir together over low heat. Add a few tablespoons of water if the pilaf seems dry. An extra tablespoon of oil will also help prevent the quinoa from sticking to the pan. Remove from heat and add the juice of the lemon. Stir together, taste, and adjust salt and seasonings if needed. I also like to add a generous amount of freshly ground black pepper at this point.