

Integrative Health Institute

46 Sherbourne Street, 2nd Floor

Toronto, ON

M5A 2P7

416 260 6038

[www.integrativehealthinstitute.ca](http://www.integrativehealthinstitute.ca)



## Sweet Quinoa Mix - Main Dish

Created By: Saeid Mushtagh... with changes by Meghan Walker

Serves 2-3

### Ingredients:

- 1 Cup quinoa, rinsed
- 1 medium onion, sliced
- 1 pear, peeled and cut into small chunks
- 1/4 Cup raisins
- 1/2 tsp ground cumin
- 2 tsp fresh rosemary, chopped
- 1/2 tsp ground black pepper
- 1/4 cup sliced almonds
- 2 tsp olive oil
- Coconut oil for frying
- As needed, sea salt
- Handful, sunflower, bean or alfalfa sprout (as garnish)

### Directions:

In a medium saucepan, bring 2 cups of water to a boil. Add quinoa, dash sea salt, raisins and 1 tbsp olive oil. Bring to a boil, reduce heat, cover and simmer for 15 minutes. Meanwhile in frying pan, on medium heat, saute onions and rosemary in coconut oil until onions are soft. Add the rest of the ingredients and stir for 3 minutes. Add cooked quinoa and stir for another 2 minutes. Remove from heat, serve garnished with sprouts.

### Special Notes:

Pears can be replaced with mangos