

ONE-POT: GREEK QUINOA, SPINACH AND FETA



SERVES: 4

INGREDIENTS

- 2 tablespoons unsalted butter, ghee or olive oil
- 4 large scallions, thinly sliced
- 2 large garlic cloves, minced
- 8 ounces baby spinach leaves (8 cups), chopped
- 1-2 teaspoon kosher salt
- 1 ¾ cups low-sodium chicken or vegetable stock
- 1 cup quinoa
- Zest of 1 lemon zest
- ¾ cup crumbled feta (3 ounces), plus more for garnish
- ½ cup frozen peas, thawed (optional)
- 1 cup chopped fresh dill, or use parsley or cilantro
- olives (optional)
- toasted almonds (optional)

STEPS

1. Heat olive oil a 10-inch skillet over medium,. Stir in about three-quarters of the scallions (saving some of the green parts for garnish) and garlic, and cook until softened, stirring frequently, about 3 minutes.
2. Stir in quinoa, 1 teaspoon salt and stock and bring to a simmer. Cover and simmer over medium-low heat until quinoa is nearly cooked through and most of the liquid is absorbed, 10 to 14 minutes.
3. Stir in spinach and lemon zest. Stirring occasionally, until spinach is wilted.
4. Stir in cheese, peas (if you like) and dill, cover the pan, and cook for another 1 minute, to finish cooking and warm the peas. To serve, sprinkle with more cheese, lemon juice, reserved scallions, olives and toasted almonds.

ALISHA'S TIPS

- For a light pasta dish, try swapping quinoa for orzo