

to simplify whole grains

Creamy Quinoa Primavera

Serves 6

I used carrots, zucchini, broccoli and mushrooms. The second time making the dish, I also substituted vegetable broth for the chicken broth to create a vegetarian dish, and opted for reduced-fat ricotta cheese over the reduced-fat cream cheese.

— Brooke Dodson

1½ cups uncooked quinoa
3 cups chicken broth
2 teaspoons canola or vegetable oil
2 cloves garlic, finely chopped

the grains. Unlike rice or pasta,

5 cups assorted vegetables, thinly sliced or bite-sized pieces
3 ounces ½-less-fat cream cheese

1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)
2 tablespoons grated Romano cheese

1. In colander or strainer, rinse quinoa thoroughly; drain. In a 2-quart saucepan, heat quinoa and broth to boiling; reduce heat. Cover; simmer 10-15 minutes or until all broth is absorbed.

2. Meanwhile, in a nonstick skillet, heat oil over medium-high heat. Cook garlic in oil

about 30 seconds, stirring frequently, until golden. Stir in vegetables. Cook about 5 minutes, stirring frequently, until all vegetables are crisp-tender.

3. Stir cream cheese and basil into quinoa. Add quinoa mixture to vegetables; toss. Sprinkle with Romano cheese.

Per serving: 270 calories, 12 g protein, 34 g carbohydrates, 9 g total fat, 3 g saturated fat, 15 mg cholesterol, 620 mg sodium, 4 g fiber. Calories from fat: 30 percent.

— Staff analysis

the calorie and fat content