

Couscous with Feta

Traci Horany

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| 1 (5 $\frac{3}{4}$ oz.) pkg. couscous,
cooked according to
package directions | 1 small onion, chopped
4 Tbsp. feta cheese
2 Tbsp. sliced toasted almonds |
| 1 tsp. olive oil | |

Heat oil and onion to sauté. Add cooked couscous, feta, and almonds to onion; heat through. Serve warm.

Quinoa Pilaf

Patricia Cooper

Quinoa pilaf serves as a side dish with fish or chicken and is delicious. Vary this pilaf using your favorite vegetables.

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| 2 cups quinoa | $\frac{1}{4}$ cup red pepper, diced |
| 4 cups chicken broth | $\frac{1}{4}$ cup olive oil |
| $\frac{1}{2}$ cup carrots, diced | $\frac{1}{4}$ tsp. oregano |
| $\frac{1}{2}$ cup green onions, diced | 2 garlic cloves, crushed |
| $\frac{1}{4}$ cup celery, diced | Salt, to taste |
| $\frac{1}{4}$ cup green pepper, diced | 1 cup almonds, sliced and
roasted |

Place quinoa and broth in a 1 $\frac{1}{2}$ -quart saucepan and bring to boil. Reduce to simmer, cover, and cook until all of the water is absorbed, about 15 minutes.

Sauté diced vegetables in oil until clear, yet crisp; stir in oregano and garlic. Add sautéed vegetables to cooked, hot quinoa, mixing well. Add salt to taste. Add almonds; mix. *Makes 6 to 8 servings.*