

Leek-Tomato Quinoa

Ingredients:

- 1 1/2 cups quinoa
- 2 cups water
- 1/2 tsp salt
- 1 Tbs butter
- 2 cups finely chopped leeks (white and pale green parts only)
- 1/4 cup low-salt chicken broth
- 3 Tbs olive oil
- 2 medium-size yellow tomatoes, seeded, chopped
- 3 Tbs chopped green onions
- 3 Tbs chopped fresh basil
- 1 Tbs fresh lemon juice

Directions:

Pace quinoa in strainer. Rinse under cold running water until water runs clear; drain. Mix quinoa, 2 cups water and salt in heavy medium saucepan. Bring to boil. Reduce heat to medium-low , cover, and simmer until quinoa is just tender and almost all water is absorbed, about 15 mins. Drain. Set aside. (Quinoa can be made 1 day ahead. Cool, the cover; chill.)

Melt butter in large nonstick skillet over medium heat. Add leeks; sauté until beginning to soften, about 5 mins. Add broth. Cover; simmer until leeks are tender, about 5 mins. Add quinoa and oil; stir until heated through, about 5 mins. Stir in tomatoes, onions, basil and lemon juice. Season with salt and pepper.

Serves:6-8 as a side