

Quinoa with Spinach and Walnuts | bites out of life

- 1/2 cup walnuts
- 2 tablespoons olive oil
- 1 cup white quinoa, prepared according to package directions
- 2 cloves garlic
- 6 ounces baby spinach, washed
- 1/2 cup grated Pecorino Romano
- salt and pepper, to taste



- 1) Preheat the oven to 375°F. Scatter the walnuts in a single layer on a baking sheet, and toast for 5-7 minutes.
- 2) Heat the oil in a large skillet, then add the garlic and saute on medium-low heat, allowing the garlic to steep into the oil slightly.
- 3) When the garlic has bronzed, increase the heat to medium and add half of the spinach. Allow the spinach to wilt down to half of the original volume, then add the rest of the spinach and saute until the spinach is cooked down, but not limp. Turn off the heat and toss in the walnuts, cooked quinoa and Pecorino.

From: <http://www.bitesoutoflife.com/2011/10/02/quinoa-with-spinach-and-walnuts/>