Kale and Quinoa Pilaf

Ingredients:

Serves 4~

2 tsp grapeseed oil
½ cup diced onion
1 tsp minced garlic
1 cup tri colored quinoa
2 cups vegetable stock

1 bunch kale torn into bite size pieces
1 tsp fresh lemon juice
salt & pepper
¼ cup crumbled feta

Make it:

1. Heat the oil in a pot over medium high heat. Stir in the onion, and garlic cook until onions begin to brown. Stir in quinoa, mix well.

2. Add the stock into the pot, bring to a boil reduce to a simmer, cover and cook for 10 minutes, add kale into pot, cover and cook for 5 – 8 minutes, turn off heat and allow the pot to steam an additional 5 minutes before removing the lid.

3. Sprinkle lemon juice over mixture, fluff the kale and quinoa, season, and serve with feta sprinkled on top.