

Mango Quinoa

(Makes six servings)

Ingredients:

- 1 cup quinoa
- 3 tablespoons slivered almonds
- 1 small onion, minced
- 2 teaspoons ground cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon cinnamon
- 3 tablespoons fresh lemon juice
- 1 cup fat-free, reduced sodium chicken broth
- One 14.5 ounce can no-salt-added diced tomatoes, well drained
- 1 mango, diced



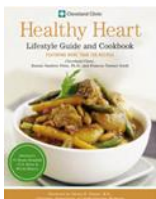
Directions:

1. Preheat oven to 350 degrees.
2. In a fine sieve, thoroughly rinse the quinoa under cold running water. Drain well and set aside.
3. Place the almonds in a small baking pan and toast in the oven until browned, for about 8 minutes, watching carefully that they do not burn. Set aside.
4. Heat the oil in a sauce pan over medium heat. Add the onion and sauté until it begins to wilt. Add the quinoa and cook for another minute, stirring frequently. Stir in the broth, 2/3 cup water, and the tomatoes. Bring to a simmer, cover and simmer for 15 minutes, or until the liquid is absorbed. Remove from heat, stir in the mango, and re-cover. Allow to sit for 5 minutes. Fluff with a fork and fold in the almonds.

Nutritional Analysis: (per serving)

- | | |
|----------------------|----------------------|
| ▪ Calories: 190 | ▪ Protein: 6 g |
| ▪ Total fat: 5 g | ▪ Carbohydrate: 32 g |
| ▪ Saturated Fat: 0 g | ▪ Total Fiber: 4 g |
| ▪ Cholesterol: 0 mg | ▪ Potassium: 320 mg |
| ▪ Sodium: 110 mg | |

Source:



"Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook"

This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.