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Quinoa is a miraculous grain full of protein and whole-grain goodness. It cooks quickly and pairs with other flavors easily. In this case, the lemon brightens the grain's goodness and the pistachios add crunch and additional rich flavor. This dish comes together quickly – consider it low carbon cuisine.

Lemon-Pistachio Quinoa Pilaf

1 cup quinoa, rinsed and drained
1 small shallot, minced
Juice and zest of 1 small lemon (about 2 tablespoons juice)
3/4 teaspoons sea salt, or to taste
2 tablespoons extra-virgin olive oil, or to taste
1/2 cup unsalted raw shelled pistachios, chopped

1. Combine the quinoa, 1-2/3 cup fresh water, shallot, lemon juice and zest, and salt in a small saucepan. Place over high heat and bring to a boil. Cover and turn off the heat. Let "lid cook" (cook covered while the burner is off) until the quinoa is tender, fully cooked, and the liquid is absorbed, about 20 minutes.

2. Stir in the oil. Taste and adjust seasoning, if necessary. Stir in the pistachios and serve immediately.

Per Serving: 310 calories, 17g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 440mg sodium, 33g total carbohydrates, 5g dietary fiber, 9g protein.