

# Quinoa with Peas & Lemon

Green peas add a pop of color to this bright whole-grain side dish. Plus, choosing frozen saves you time—no shelling required! Want to save even more time? Use a pouch of precooked quinoa.

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 Tested by **EatingWell Test Kitchen**

**Active Time:** 10 mins

**Total Time:** 10 mins

**Servings:** 6

**Nutrition Profile:**

Nut-Free Soy-Free High-Fiber Vegetarian Egg-Free Gluten-Free Low-Calorie

## Ingredients

1 tablespoon extra-virgin olive oil

1 shallot, chopped

1 (10 ounce) package frozen peas

2 cups cooked quinoa

Zest of 1 lemon

¼ cup crumbled goat cheese

¾ teaspoon salt

½ teaspoon ground pepper

## Directions

**Step 1**

Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until softened, about 2 minutes. Stir in peas and quinoa; cook, stirring often, until heated through, about 5 minutes. Stir in lemon zest, goat cheese, salt and pepper.

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## Nutrition Facts

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Per serving: **Serving Size 1/2 cup** 148 calories; total fat 5g; saturated fat 1g; cholesterol 6mg; sodium 369mg; total carbohydrate 21g; dietary fiber 4g; total sugars 3g; protein 6g