



Spiced lemon quinoa

Kavita Aiyar, MOUNTAIN VIEW, CA

SERVES 4 (MAKES 4 CUPS) | 40 MINUTES

2 tbsp. yellow split peas

5 tsp. mild olive oil

1 tsp. black or brown mustard seeds

1 tsp. cumin seeds

5 fresh curry leaves (optional)*

1 serrano chile, minced

1/2 tsp. turmeric

About 1/2 tsp. kosher salt

1 1/2 qts. (5 oz.) loosely packed baby spinach

1 cup red or white quinoa, cooked as package directs with 1/2 tsp. kosher salt

About 1 1/2 tbsp. lemon juice

1 tbsp. chopped cilantro

1. Simmer split peas with 2 cups water in a small saucepan until just tender, 25 to

30 minutes. Drain and pat dry on a towel.

2. Heat oil in a large frying pan over medium heat. Add mustard seeds, cover, and cook until they pop, 1 minute. Stir in cumin; cook a few seconds until sizzling, then stir in split peas, curry leaves, chile, turmeric, and 1/2 tsp. salt. Cook, stirring often, until split peas start to turn light golden, 2 minutes. Scrape into a bowl.

3. Add spinach to frying pan, increase heat to medium-high, and cook, stirring, until wilted, 1 to 2 minutes. Drain any liquid. Stir in quinoa, split-pea mixture, and 1 1/2 tbsp. lemon juice. Add more lemon juice and salt to taste. Scatter cilantro on top.

*Find curry leaves at Indian markets.

PER 1-CUP SERVING 254 CAL., 30% (77 CAL.) FROM FAT, 8.5 G PROTEIN; 8.6 G FAT (0.8 G SAT.); 38 G CARBO (5.7 G FIBER); 548 MG SODIUM; 0 MG CHOL.