



A Nutrition Resource

Savory Quinoa and Tomatoes

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- 1 leek, chopped
- 1½ cup broth (chicken or vegetable)
- 1 can (28oz) stewed tomatoes, drained
- 1 teaspoon minced garlic
- 1 cup quinoa
- 2 tablespoons olive oil

Directions:

- 1) Wash hands and clean surfaces.
- 2) Set pressure cooker to sauté setting.
- 3) Add olive oil, leek, and garlic and stir to avoid burning.
- 4) Add remaining ingredients.
- 5) Lock on the lid and turn vent knob to seal position.
- 6) Set pressure cooker to high setting for 1 minute cooking time.
- 7) Allow pressure cooker to natural release for 10 minutes, then manually release any remaining steam.
- 8) Open lid carefully.
- 9) Serve immediately or store in an airtight container in the fridge for 4-6 days.

Nutrition Facts

Amount per		104 g	
1 serving (3.7 oz)			
Calories	121	From Fat	42
% Daily Value*			
Total Fat	4.8g		7%
Saturated Fat	0.6g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	207mg		9%
Total Carbohydrates	17g		6%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	3g		7%
Vitamin A	8%	Vitamin C	7%
Calcium	3%	Iron	8%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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TIPS

- 1) MyPlate recommends that half of your grains be whole grains. Whole grains provide additional nutrients and fiber that help keep your heart strong, cholesterol low, and aid in digestion. Look for 100% whole grain on the package or a whole grain listed as the top ingredient on the food label.
- 2) Whole grains come in many different shapes and sizes and can easily be swapped in your favorite dishes. Try new grains to see what your family enjoys the most.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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