

# QUINOA

*(Keen-waaah) is a very versatile seed and can be substituted for rice in many recipes. It's easy to cook and a big batch can be made and added into soups, salads or even as a breakfast cereal with fruits and nuts! Perfect as a side dish — it's a blank canvas to take on just about any flavor. For most recipes, you will need 1 part quinoa and 2 parts liquid.*



## INGREDIENTS

- 1 cup quinoa
- 1/4 tsp salt
- 2 cups water or low-sodium chicken or vegetable broth

## MICROWAVE

- Rinse quinoa in a fine mesh strainer until water runs clear — about 20 seconds. Transfer to a medium pot with water (or broth) and salt.
- Cover with a microwave-safe plate on high (100% power) for 6 minutes.
- Remove from microwave and stir.
- Cover and set aside for another 5-10 minutes until all the liquid has absorbed.
- Fluff with a fork, then enjoy!

## PROCEDURE: STOVETOP

01

Rinse quinoa in a fine mesh strainer until water runs clear — about 20 seconds. Transfer to a medium pot with water (or broth) and salt.

02

Bring to a boil, then lower heat and simmer, until quinoa is tender and a white "halo" appears around each grain — about 15 minutes.

03

If there's still water at the bottom of the pan, give it a little more time on the heat uncovered — it should completely absorb the water.

04

Fluff with a fork and serve. Yields 3 cups cooked quinoa.

