## Quinoa

**Ingredients**
- 1 C quinoa
- 2 C water

**Directions**
Rinse quinoa in a fine-mesh strainer with cool water. Add water and quinoa together in a saucepan over medium-high heat and bring to a boil. Lower heat and cook for about 15 minutes or until water is absorbed. Let it stand, covered, for 5 minutes. Fluff it with your fork and it’s ready to eat.

### Use quinoa...
- as a base for a salad
- to stuff roasted vegetables
- to power up a burrito’s fillings
- as an alternative for another grain such as oatmeal or rice
- as layers in a parfait
- as a bed for stews or baked fish
- as a grain for breakfast porridges

### Chef’s Tip
Don’t skip the rinsing; the natural coating of quinoa, saponin, has a bitter or soapy taste. When you rinse the quinoa you help remove it.
To know when the quinoa is done, you should see the tiny spiral-like germ serrated from the seed.

### Have leftover quinoa?

Some simple “add-ins” to create a meal with your 3 C of quinoa:
- 1 T lemon, 1 tsp coconut oil, ½ tsp turmeric, ½ C cashews
- ½ C Honey, 1 bananas, 1 tsp cinnamon, 1/2 C walnuts
- 1 C Corn, 1 C salsa, 1 T cumin, 1 can black beans, 2 large avocados