



Quinoa (Basic Recipe)

Ingredients:

1 cup Quinoa
1 cup water
Season to taste

Procedure:

To rinse quinoa thoroughly before cooking, run warm water into a pot so that quinoa agitates but does not overflow. Rinse for 3 minutes, drain well.

Place quinoa, seasonings and water in saucepan and bring to a boil, stirring occasionally. Cover and simmer for 7 – 10 minutes.

Substitute quinoa for rice or grains in your favorite recipes. For a hot breakfast cereal add chopped apples, raisins and cinnamon.

