



How to Prepare Basic Quinoa

Yields 2 cups

Prep Time: 5 minutes

Cook Time: 15 minutes

Storage: 5 days

Ingredients

- 1 cup quinoa
- 2 cups water

Instructions

Wash the quinoa in cold water and drain.
Bring 2 cups of water to boil in a medium saucepan.
Add the quinoa; reduce the heat to a simmer.
Cover and cook for 15 minute.
Let it rest for 5 minutes, and rake with a fork to fluff.