

HEALTHY FOOD

Quinoa



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water or chicken broth
- Salt to taste

Instructions:

Cook Quinoa:

- In a medium saucepan, combine quinoa and water or chicken broth.
- Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes or until the quinoa is cooked and the liquid is absorbed.
- Fluff with a fork and season with salt.