

Basic Quinoa

Prep time:

2 minutes

Cooking time:

20 minutes

Yields:

4 people

Ingredients:

1 cup quinoa

2 cups water

1/2 teaspoon salt

Directions:

Add quinoa, water and salt in a medium pot and bring to a boil. Reduce heat, cover and let simmer 10 minutes. Remove from heat and leave covered 5 more minutes. Fluff with a fork and serve.