

Breakfast | Lunch | Dinner | Snack

Basic Quinoa Recipe

3 Mins
Prep Time

15-20 Mins
Cook Time

10
Servings

☰ **111** Calories **2g** Fat **20g** Carbs **4g** Protein



Ingredients

👤 **10** Servings • ½ Cup Serving Size ⌚ **18-23** Mins Total Time 🚫 **Allergens:** N/A

2 Cups Quinoa, dry 🌱

4 Cups Water

Nourishment Note



🌱 Quinoa

Quinoa is a gluten free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.

Instructions

1. Add Quinoa & Water to Pot

Add quinoa and water to a medium-sized pot. Place on the stove over medium-high heat. Bring to a boil.

2. Reduce Heat & Let Simmer

Cover, reduce heat to medium-low and simmer until the water is absorbed, 15 to 20 minutes.

3. Remove From Heat

Remove from heat and allow to sit for 5 minutes. Uncover and fluff with a fork.

Recipe adapted from: [ancientharvest.com](https://www.ancientharvest.com)

What You'll Need



Measuring Cup



Medium-Sized Pot with Lid



Fork

Fatigue Buster

- Quinoa is a quick-cooking grain that can help reduce the amount of time spent in the kitchen.
- Prepare a large batch of quinoa and use throughout the week. Extras can be frozen and later added to soups, stews, stir fries etc.