



QUINOA WITH FRESH HERBS

Serves 6

Ingredients

2 cups	Sprouted Quinoa (dry)
To taste	Salt
½ cup	Fresh Herbs of choice, chopped (such as parsley, basil, and/or mint)
2 Tbsp	Olive Oil
1 Tbsp	Lemon Juice

Equipment

- Chef's knife
- Strainer
- Large pot

Directions

Quinoa can be done different ways. For this purpose, it's best to have it as dry as possible.

1. Rinse the quinoa in cold water. Rubbing between your hands over a strainer.
2. Add quinoa to a pot of water (lots of water, like making pasta). Add salt to the water. Bring to a boil, then turn down to simmer and cover.
As soon as the little rings on the quinoa pop up from the grain it's done. Taste quickly and if soft remove from heat and strain.
3. Leave in strainer to cool and fluff with a fork. Fluffing it and letting it stay in the strainer will ensure it's dry and keeps its form. Leave in strainer until cool, 20-30 minutes. Can remain in strainer until ready to use. Since you are making it, make extra! It can be put away to save for other uses
4. Add herbs, olive oil, and lemon juice.