



## Steamed Quinoa

### Makes 3 cups of cooked quinoa

¾ cups raw quinoa

1 ¼ cups water or low sodium vegetable stock

Salt

Olive oil

1. Wash the quinoa very well, scrubbing it between your hands and rinsing often until water comes out clear. This will take 3 to 4 times.
2. Place quinoa in a fine sieve colander and allow the water to drain well.
3. Heat a skillet with some oil, over high heat, until very hot. Add the quinoa and toast, stirring constantly, until quinoa turns golden and starts crackling, about 10 to 15 minutes.
4. Bring the low sodium vegetable stock or water to a boil in a separate pot.
5. Add the toasted quinoa. Season with salt - if using stock use salt sparingly. Cover. Reduce heat to low and allow steaming for approximately 20 minutes. The grains should be soft but not mushy. Add a little bit more water if necessary. You will know it is cooked when you have a translucent center with a ring on the outside. Fluff with a fork and serve.

1/4 cup - CALORIES 174.13; FAT 6.2 grs (sat 0.93; mono 3.4; poly 1.56); PROTEIN 6.39 grs ; FIBER 2.23 grs; CARBS 23.09 grs; CHOLESTEROL 2.25 mg; IRON 1.63 mg; SODIUM 399.59 mg; CALCIUM 17.44 mg

