

Classic Quinoa

Batch Cooking

Use as a base for main dishes

Add to salads to transform a light meal into a satisfying & filling meal

INGREDIENTS

1 cup brown rice

+

2 cups:

water *or* low sodium
chicken/ vegetable broth

DIRECTIONS

1. In a large saucepan, combine water or broth with the quinoa, bringing to a boil.
2. Reduce heat, cover and simmer. After 15 to 20 minutes, if most of the liquid has been absorbed and the quinoa is tender - remove from heat and fluff with a fork.

NOTES

Refrigerate for 4 to 5 days

Freeze for up to 3 months