QUINOA

Yoke's FRESH MARKET

INGREDIENTS FOR 6 SERVINGS

1 Cup Uncooked Quinoa
2 Cups Vegetable or Chicken Broth
2 Teaspoons Garlic, Chopped
2 Tablespoons Fresh Parsley, Chopped
½ Tablespoon Thyme, Chopped
¼ Teaspoon Salt
1 Small Onion, Finely Chopped
Dash Lemon Juice (Optional)

PREPARATION

In a saucepan, bring the broth to a boil. Add the quinoa, reduce heat to a simmer, cover and cook for about 15 minutes, or until quinoa is tender and has opened.

In a bowl, toss the quinoa with the garlic, parsley, thyme, salt and onion. Sprinkle with lemon juice and serve warm or at room temperature.

For variations, add cucumber, squash, carrots, peas, broccoli, or chicken.