



## **Quinoa**

from [yokesfoods.com](http://yokesfoods.com)

- 1 Tablespoon Butter**
- 1 Cup Uncooked Quinoa**
- 2 Cups Vegetable Broth**  
(For a richer flavor, use chicken broth)
- 2 Teaspoons Garlic, Chopped**
- 2 Tablespoons Fresh Parsley, Chopped**
- 1/2 Tablespoon Thyme, Chopped**
- 1/4 Teaspoon Salt**
- 1 Small Onion, Finely Chopped**
- Dash Lemon Juice (Optional)**

Melt butter in a saucepan over medium heat. Add the quinoa and toast, stirring occasionally until browned for about 5 minutes.

Stir in the broth and bring to a boil. 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, rice or chicken. Get creative!