

LEMON & HERB QUINOA

INGREDIENTS

- 2 3/4 C** Vegetable broth (See note below)
- 1 1/2** Quinoa (See note below)
- Pinch** Salt
- 1/4 C** Lemon juice

- 1/4 C** Extra virgin garlic olive oil
- 1/4 C** Lemon juice
- 3/4 C** Basil
- 1/4 C** Parsley
- 1 T** Thyme
- 2 t** Lemon zest
- Salt & Pepper to taste



COOKING INSTRUCTIONS

- 1** Take a 5 qt. pot & put in the vegetable broth & salt at a medium high temperature
- 2** When the stock boils, add the quinoa & 1/4 C lemon juice & stir
- 3** Cover the pot & when it boils turn the heat down to it's lowest temperature
- 4** Check the quinoa after 15 minutes & if there's still liquid continue cooking with the cover off
- 5** When it's done (It should like rice would) use a fork to make sure it isn't clumping
- 6** Let it rest covered for about 5 minutes
- 7** In a bowl mix the garlic olive oil with the 2nd 1/4 C Lemon juice & the seasonings
- 8** Pour the mix over the quinoa & mix gently but thoroughly

NOTE

- 1** If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
- 2** Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color
- 3** Freezes well

