



# Recipes

## Grains

### **Spring Out Quinoa**

*Prep Time: 2 minutes*

*Cooking Time: 30 minutes*

*Yield: 8 servings*

#### **Ingredients:**

2 cups quinoa

3½ cups water

1 bag peppermint tea

1 tablespoon olive oil

Fresh mint, basil and cilantro

#### **Directions:**

1. Wash grains.
2. Place them in pot with peppermint tea bag and bring to a boil.
3. Cover and simmer for 15-20 minutes, then remove from heat and let stand for 5 minutes.
4. Add olive oil and fluff with a fork.
5. Garnish with chopped fresh herbs and serve.