



Recipes

Grains

Thai Quinoa

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

1 cup dry roasted quinoa

2/3 cup coconut milk

1 cup water

Pinch of salt

1/2 cup red pepper, diced

2 cloves garlic, minced

Directions:

1. Rinse quinoa
2. Bring coconut milk and water to a boil.
3. Add quinoa, salt and garlic.
4. Bring back to a boil, cover and reduce heat.
5. Cook for 12-15 minutes.
6. Remove from heat, stir in red peppers and sesame oil.
7. Let sit covered for 5 minutes then serve.