



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### **SIDE DISH: Basic Quinoa**

Serves 8 (serving size: 1/2 cup)

#### Ingredients

- 1  $\frac{3}{4}$  cups uncooked quinoa (about 12 ounces)
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 cup finely chopped onion
- 2  $\frac{1}{2}$  cups water or chicken broth
- $\frac{3}{4}$  teaspoon salt

#### Directions

1. Place quinoa in a fine sieve; rinse with cold water, and drain.
2. Heat oil in a large saucepan over medium-high heat. Add garlic; sauté 30 seconds.
3. Add onion; sauté 4 minutes or until tender.
4. Stir in water, quinoa, and salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; fluff with a fork.

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