

## Devine Quinoa

### Ingredients

---

1 Cup	Organic Quinoa
2 Cups	Water
2 tsp	Chicken Base (Better than Bouillon)
3 Tsp	Olive Oil
1/3 Cup	Julienne Cut Sun Dried Tomatoes
1/4 Cup	Sliced Onions
1 Cup	Sliced Mushrooms
1 Clove	Fresh Garlic

### Options

---

2 cups	Spinach
1/4 cup	Green Peppers

### Garnish

---

1/3 cup	Parsley or Basil
---------	------------------

### Directions

---

Combine Water & Chicken Base and whisk add Quinoa & 1 ½ Tsp Olive Oil in a sauce pan and bring to a boil

Add julienne cut sun dried tomatoes. Cover pan and reduce heat to a simmer Until the quinoa is done & tender (the quinoa will appear opened) approx 20-25 minutes.

In a skillet heat the remaining olive oil. Sauté the onions until light brown, add the garlic and sliced mushrooms

Add the optional spinach & or green peppers if you want.

Fluff the Cooked Quinoa and fold in the sautéed onions & mushrooms and other vegetables.

Garnish with basil or parsley