



Organic Quinoa

Makes 4 servings ~ \$1.99 (\$.50 per serving)

Ingredients

1 1/2 cups quinoa

3 cups water

Salt & pepper

Directions

1. Boil salted water.
2. Rinse quinoa and add to boiling water.
3. Cover and simmer for 20 minutes.

Recipe courtesy of Patrick Lambert, Cowgirl BBQ

More tips & recipes at www.localorganicmeals.com