

## steamed quinoa | 1 SUPER FOOD & READY IN 15 MINUTES

\*Start this after the beans have been simmering for 15 minutes.

*ingredients: (serves 4)*

1 cup dry **quinoa**, rinsed and drained  
2 cups water  
pinch of salt

*directions:*

1. In a saucepan bring the water, quinoa and salt to a rolling boil.
2. Cover and reduce to a very low simmer. Cook for 15 minutes.
3. Remove from the heat. Leave it covered and let it sit for 5 more minutes.
4. In this time it will fluff up. Serve.

QUICK PREP	★★★★☆
EASY PREP	★★★★★
NUTRITION	★★★★★
ECONOMICAL	★★★★★

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*nutrients:*

A good protein source (all nine essential amino acids especially well-endowed with lysine which is essential for tissue growth and repair), manganese, magnesium, iron, copper and phosphorus; this "grain-like" food may be especially valuable for persons with migraine headaches, diabetes and atherosclerosis.

Go to [www.HealthyAlterEgo.com](http://www.HealthyAlterEgo.com) and search on "Healthy Food Experience" to find all HFE recipes.