

Spinach Quinoa

A great way to add greens and extra flavour to quinoa.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Quinoa, cooked	1 cup
Water	2 cup
Spinach, cooked from fresh	2 cup
Lemon juice, fresh	1 tablespoon
Salt, sea salt	1 dash

Instructions

1. Bring 2 cups water to boil. Add 1 cup quinoa. Stir and reduce heat. Simmer partially covered for 20 minutes.
2. Measure about 2 cups of packed fresh spinach or more. Add to quinoa about 3 minutes before it is done. Stir gently until spinach has softened.
3. When quinoa is done and spinach is soft remove from heat and add fresh lemon juice and a dash of salt.

Serve with a side of vegetables.