

Rice Cooker Quinoa

Preparation:

1. Place quinoa into a mesh strainer and rinse well with cool water. Add rinsed quinoa to the bowl of a rice cooker.
2. Add broth and stir to combine. *
3. Set to white rice cycle and allow cooking to commence. During cooking, line a baking sheet with parchment paper.
4. When cooking cycle is complete, place cooked quinoa on the lined baking sheet. Use a fork to rake through the quinoa and separate the grains. Allow to cool slightly before serving.
5. Enjoy! *

*Flavor Notes:

- Consider adding 1 tsp of dried herbs of choice or a 1/2 tsp of minced garlic in Step 1 for additional flavoring.
- Broth options: chicken, beef, vegetable, plain water, or low sodium varieties.

***Serving Note:** Enjoy as is, or add to a buddha bowl or salad!

Servings: 4

Equipment:

Rice cooker, measuring cups & spoons, serving/ stirring spoon, fine mesh strainer, baking tray, fork, parchment paper

Ingredients:

- 1 cup dry quinoa
- 1 cup broth of choice
- 1 cup water

Nutrition Facts per serving:
(using chicken broth)

Calories 161.4

Total Fat 2.6g (3%)
Saturated Fat 0.3 g (2%)
Trans Fat 0g
Cholesterol 0mg (0%)
Sodium 72.1mg (3%)
Total Carbohydrate 27.5g (10%)
Dietary Fiber 3g (11%)
Total Sugars 2.9g
Added Sugars 0%
Protein 6.5g
Vitamin D 0mcg (0%)
Calcium 25mg (2%)
Iron 1.9mg (11%)
Potassium 259.3mg (6%)

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