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## How to Cook Quinoa

When I cook rice, I add oil and salt to the pot, but cooking quinoa is even simpler. All you need is quinoa and water! If you look at different methods for how to cook quinoa, you'll find a range of water ratios. Some recipes call for as high as a 2:1 water to grain ratio, while others go as low as 1 1/2:1. In my experience, the sweet spot for light, fluffy quinoa is right in the middle. I use 1 3/4 cups of water for every cup of quinoa. Any more water, and the quinoa gets mushy. Any less, and it's too dry.

1. Saute 3 garlic cloves and 1 small onion finely chopped with 1 tbsp olive oil
2. Add the quinoa and stir then add water in a medium pot. Bring to a boil, cover, and reduce the heat. Simmer for 15 minutes.
3. Remove the pot from the heat and let it sit, covered, for 10 minutes more.
4. Then, remove the lid and fluff with a fork!