

## Receipe: Savory Quinoa

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### Savory Quinoa

- 1 cup quinoa grain (from MOM bulk section, Giant organic section or Whole Foods)
- 3 cups water
- large dash of olive oil
- large dash of Braggs (or other soy sauce)
- handful of nuts (peanuts, cashews or any other you have on hand)
- Cut up a few pieces of seaweed or add salt and some greens
- cut up a carrot
- Chop an inch off the end of a bunch of celery
- handful of onion pieces or garlic

Bring to boil then simmer for 15 minutes until quinoa expands and soaks up all the water. You can substitute any left over veggies for the vegetables above.

Can either serve as a main dish, a side or add water to make quinoa soup.