

Lemon Scented Quinoa

Quinoa (pronounced Keen-Wa) is called “The Mother Grain” for good reason. It’s actually not a grain, it’s a seed! And a super tasty, nutritious seed at that. It has all 9 essential amino acids to make a complete protein. So yes, it’s a carb but it’s also a protein so in small quantities it is an excellent addition to your regular diet.

Directions

Yield: 1.5 cups

An important thing to know about quinoa is that it has a bitter oily outer layer called saponin. This is a natural defense to ward off birds from eating this nutritious and tasty seed. Most commercially sold quinoa removes the saponin before they sell it but if your quinoa tastes bitter then you will need to give it a good rinse in warm water before cooking. I do this in a fine mesh strainer so that I don’t lose the tiny seeds down my sink drain!

If you have rinsed your quinoa then the first step is to put the wet quinoa in a small pot and over medium heat stir till the quinoa is dry. Then add the olive oil and continue stirring till the quinoa begins to smell toasty. You will not see a big visual change in color but it will smell toasted when you smell it closely.

Next add the broth, lemon zest, lemon juice, and salt. Bring the broth to a simmer. Reduce heat to low, cover pot and let cook on a low simmer till all the water is absorbed and the quinoa is soft. This will take about 15 minutes.

Turn off heat and let the quinoa sit for 5 minutes. Then fluff with a fork and enjoy. Cooked quinoa can be stored in the fridge for a week.

*You can skip the toasting step to save on time.

*You can use water instead of broth. ■

Ingredients

1/2 cup dry white quinoa

1/2 teaspoon olive oil

1 cup bone broth, any flavor. I usually use chicken.

Zest of 1 large lemon

Juice of the same lemon

1/4 teaspoon salt