

## **ROASTED RED QUINOA**

*(adapted from [Mostly Plants](#))*

1 cup red quinoa  
2 cups water or chicken broth  
salt to taste  
1/2 tablespoon olive oil

Rinse quinoa with cold running water. Drain well. Heat a non-stick sauce pan and add the quinoa, stirring often until it starts to toast. Once it gets fragrant and you can see some darkening of the seeds, add 2 cups water, bring to a boil and simmer until liquid is absorbed.

Heat oven to 400 F. When the quinoa is cooked, transfer to a quart size baking sheet spreading as a layer. Add the olive oil and mix well. Roast in the oven for about 25 minutes, moving the seeds around a few times during roasting. Serve, and amaze yourself.