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RED QUINOA

- 4 cups red quinoa
- 1 cup diced yellow onion
- 1 cup diced celery
- 8 cups water
- 2 tbsp salt
- 3 sprigs fresh oregano

DIRECTIONS:

Sauté onions and celery. Season with salt, pepper and oregano. Add quinoa and water. Cover and boil on medium heat for about 25 minutes until cooked and fluffy.

True Food
kitchen