

Basic Quinoa

Serves 2

Ingredients

- 80 g dry quinoa
- 160 g water
- Pinch salt + MSG blend (0.6 g total)

Cooking Method

1. Rinse **quinoa** thoroughly in a fine sieve under cold water for **20–30 seconds** to remove bitterness.
2. Combine **quinoa**, **water**, and **salt+MSG** in a small saucepan.
3. Bring to a boil over **medium-high heat**.
4. Cover, reduce heat to low, and **simmer 12–14 minutes** until water is absorbed.
5. Remove from heat and let steam, covered, for **5 minutes**.
6. Fluff gently with a fork before serving.



Yield

80 g dry quinoa yields approximately 220–240 g cooked quinoa, suitable for 2 servings as a side.

Optional Flavor Variations (Choose One)

- **Stock version:** Replace 25–50% of the water with reduced-strength stock (½-strength per Stock Strength & Sodium system).
- **Fat finish:** Stir in ½–1 tsp **olive oil** or **butter** after cooking.
- **Citrus:** Finish with ¼ tsp **lemon zest** or ½ tsp **lemon juice**.
- **Herb:** Add ¼ tsp **dried parsley** or **thyme** after cooking.
- **Warm spice:** Add a small pinch of **cumin** or **turmeric** to the cooking water.
- **Japanese-leaning:** Finish with ½ tsp **sesame oil** and a few drops of **soy sauce** or **coconut aminos** (reduce salt accordingly).

Nutrition (Approximate)

Per serving:

Kcal: 110 | Protein: 4 g | Fat: 2 g | Sat. Fat: 0 g | Carbs: 19 g | Sugars: 0 g | Fiber: 2 g | Sodium: 90 mg | Omega-3: 0 g

Whole recipe:

Kcal: 220 | Protein: 8 g | Fat: 4 g | Sat. Fat: 0 g | Carbs: 38 g | Sugars: 0 g | Fiber: 4 g | Sodium: 180 mg | Omega-3: 0 g