

Nutty Quinoa By Seth Braun

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Ingredients:

2 cups of quinoa, soaked
¼ cup of sliced almonds
½ cup red onion
1 tsp. cumin
1 tsp. black pepper
salt to taste

Directions:

Sauté the onions in a couple tablespoons of coconut oil on medium to high heat. After 5 minutes throw in the salt, pepper, cumin and almonds. Sauté for another couple of minutes. Next, pour in the quinoa (after straining) and stir for a few more minutes. Lightly toast the quinoa, then pour in just under 4 cups of water and bring to a boil. Reduce to simmer and set the timer for 20 minutes. Turn off the heat and let cool in the pot for another 10 minutes while you set the table. This is the bomb!