

Microwave Cooked Quinoa



TIPS:

1. **Rinsing quinoa.** Quinoa (pronounced “*keen-wah*”) should always be rinsed and drained before cooking to remove the bitter tasting soapy, resin-like outer coating (called saponin) it grows naturally to repel insects and birds.
2. **Benefits to microwave cooking quinoa.** There’s no need to watch the pot as the quinoa cooks on the stove and then clean the pot after cooking. Cooking in the microwave allows you

to use the same bowl for cooking that also can be used either to make a quinoa dish or store the quinoa in the refrigerator.

3. **Brief quinoa history & nutrition facts:**

Quinoa is the seed of the goosefoot plant.

Goosefoot gets its name from the shape of its leaves and is a relative of spinach and Swiss chard. Quinoa grows in the South American Andes Mountains, mostly in Chile, Peru and Bolivia, where it has been cultivated for over 5000 years. Quinoa is a rich and complete protein source as it contains all 9 essential protein amino acids. It is gluten-free, high in fiber, easily absorbed by the body, and is also a good source of manganese, magnesium, iron, copper & phosphorous, which makes it particularly noteworthy for people affected by migraine headaches, diabetes, and atherosclerosis (clogging of the arteries). And, although quinoa does contain some fat, all of it is unsaturated (good) fat that includes inflammation-reducing Omega-3. Finally, quinoa contains no trans fats, cholesterol, or sodium (unless you add salt to it when cooking, like I do - with just a light dash as shown below).

Cooking Time: about 7 minutes

Total Time Required: includes cooking time and time to absorb water after cooking

Needed

(for 4 or more people)

1 Cup (8 ounces) Quinoa

2 Cups Water

1/2 - 1 Teaspoon Salt (optional)

1 Tablespoon Butter or Margarine (optional)

Measuring Cup

Fine Meshed Strainer

Microwave Safe Bowl

Microwave Safe Dinner Plate

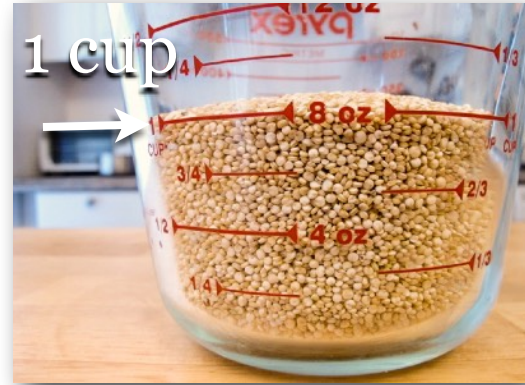
Tablespoon

Table Knife

Timer



I. Measure **1 cup (8 ounces)** of quinoa,...



...and pour the **quinoa** into a fine mesh strainer.



Rinse with cold tap water while running your fingers through the **quinoa seeds**. If you notice a sudsy froth as you rinse the **quinoa**, which means the **quinoa seeds** still have their naturally occurring protective but distasteful coat of saponin on them, keep rinsing until that froth is washed away. After rinsing, pour the **freshly cleaned quinoa** into a *microwave safe bowl*.



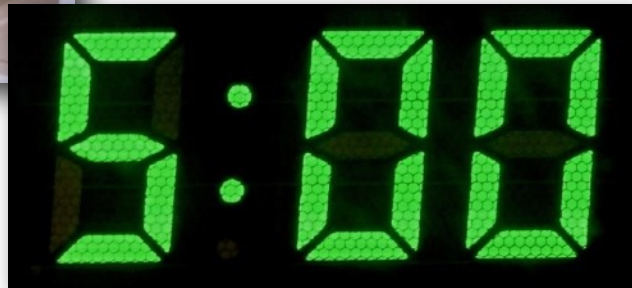
2. Measure and add **2 cups (16 ounces) of cold water** to the **quinoa** in the bowl.



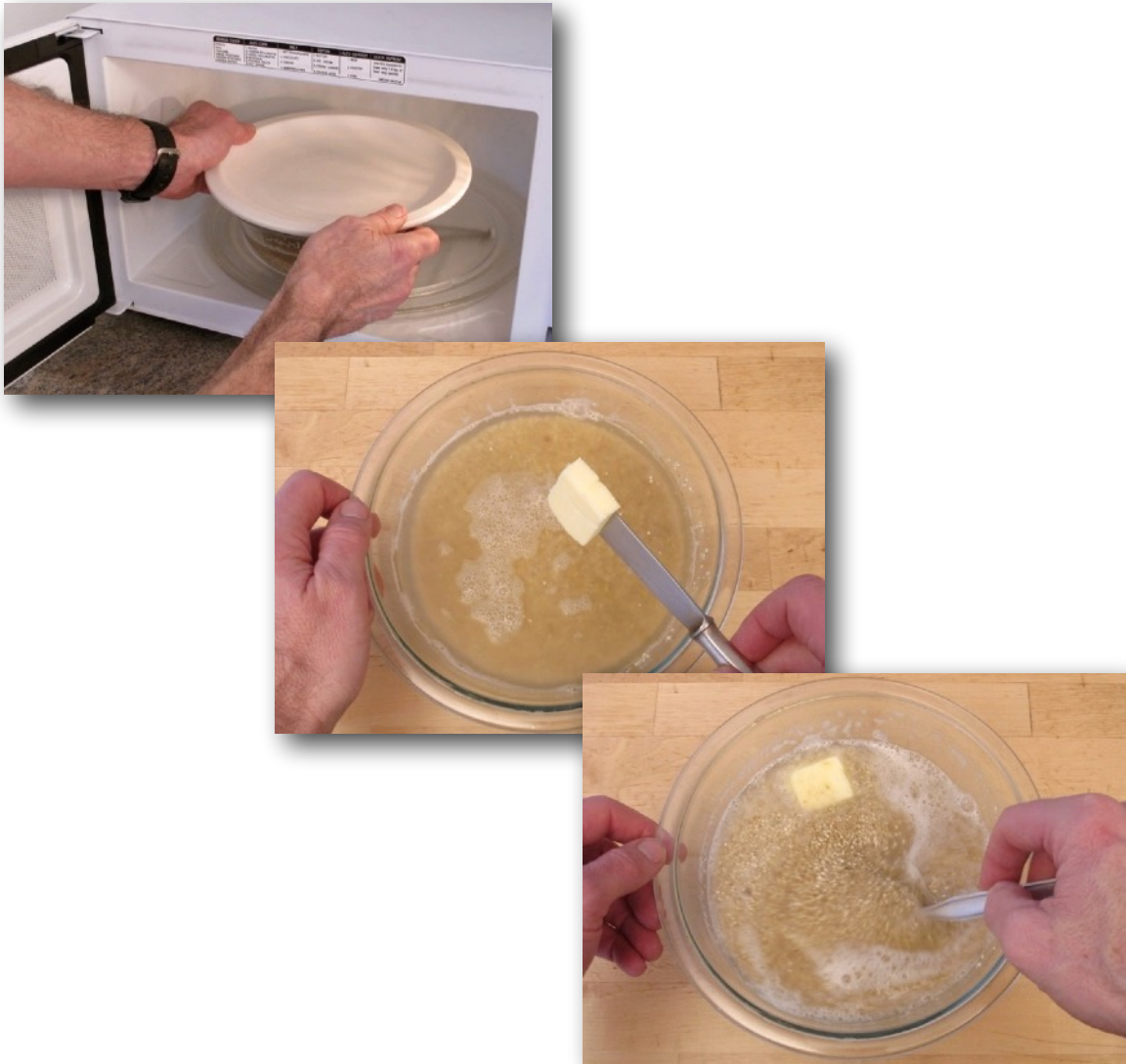
3. Add an optional **1/2 - 1 teaspoon salt** (or about as much as shown), and cover the bowl with a *microwave safe dinner plate*.



4. Put the covered bowl in the middle of the microwave oven and cook using HIGH heat or 100% power for 5 minutes.



5. When the timer sounds, carefully remove the partially **cooked quinoa** from the microwave oven. If the bowl feels too hot to handle, use a potholder or dishtowel to protect your hands when you take the bowl out of the microwave oven. I took hold of the top of the bowl where it was comfortably warm to handle. Remove the plate, add an optional **tablespoon of butter or margarine**, and give the **partially cooked quinoa** a quick stir with a spoon.



Cover the bowl with the plate again, and put the bowl back in the middle of the microwave oven to cook for another 2 minutes.



6. When the timer sounds, again carefully remove the **cooked quinoa** from the microwave oven. Uncover the bowl, stir the **cooked quinoa**, and let it sit to absorb any remaining water for about 10 minutes until...



...the **cooked quinoa** looks fully translucent like this.



7. Finish by fluffing the **cooked quinoa** with a spoon.

