

Microwave Cooked Quinoa Alfredo



TIP: In addition to tasting great, this quick & easy variation on fettuccine Alfredo substitutes **quinoa** for **pasta** and **evaporated milk** for **heavy cream**, which far reduces calories and fat while increasing the protein content of the dish.

Preparation Time: 2-3 minutes

Cooking Time: 1-2 minutes

Needed (for 1)

Cooked Quinoa

Evaporated Milk

Garlic Powder (optional - adds a little savory flavor)

Grated or Shredded Parmesan Cheese

Ground Black Pepper

Microwave Safe Bowl

Can Opener

Fork

Tablespoon



1. Open a **can of evaporated milk**. Put as much **cooked quinoa** in a microwave safe bowl as desired, and add enough **evaporated milk** to cover the **quinoa** generously

as shown...



...here.



2. Add an **optional** shake of **garlic powder** and at least **2** **tablespoons** of **grated or shredded Parmesan cheese**.

Then stir with a fork or spoon until all the **ingredients** are well mixed together.



3. Put the bowl in the middle of the microwave oven and cook on HIGH heat or 100% power for at least 1 minute. *NOTE: Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the quinoa Alfredo as shown for about 1 1/2 minutes. If your microwave oven uses less watt power, cooking time will be longer. If your microwave oven uses more watt power, cooking time will be shorter.*



4. When the timer sounds, carefully remove the bowl from the microwave oven (I take hold of the bowl from the top where the bowl is coolest). The **quinoa Alfredo** is cooked properly when the **Parmesan cheese** has melted and looks about as shown in the picture on the right below. If, however, the **Parmesan cheese** has not melted or the **quinoa Alfredo** hasn't been warmed enough to taste,...



...give the **quinoa** a quick stir and keep cooking at 30-second intervals until the **quinoa Alfredo** is done.



5. Serve warm either as is or topped with **more grated or shredded Parmesan cheese** and/or a **good crunch of ground black pepper**.

