



## Quinoa with Basil

2-4 servings

1 cup dry quinoa red or white

2 cups water

2 Tb olive oil

1 large sweet onion chopped

¼ tsp red pepper flakes

4 medium cloves garlic minced

½ cup basil leaves cut into thin ribbons

Celtic sea salt to taste

- Combine quinoa with water in small pot and bring to a boil. Cover turn down to low and let cook until the water has all been absorbed 15-20 minutes
- Heat oil in a sauté pan over medium-high heat. Add onion salt and red pepper flakes
- Sauté for 3 to 4 minutes or until onions are beginning to soften. Add garlic, cook for 4 more minutes.
- Add cooked quinoa to pan and stir everything thoroughly
- Add basil, stir gently
- Serve.

