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"Curried" Quinoa (keen-wah)

"Curried": any dish flavored w/ curry or the 'like'
Quinoa is a seed that is a great source of protein, calcium, magnesium and selenium!

- 1 cup quinoa
- 1½ Tbsp. coconut oil
- ½ onion, diced
- ½ tsp. ginger
- ½ green chile, chopped
- 1 tsp. turmeric
- 1 tsp. coriander
- ¼ tsp. cinnamon
- 1¾ cups water
- ½ cup frozen peas
- ½ tsp Himalayan salt (or sea salt)

Rinse quinoa with cold water.

Over med-hi heat, melt 1 ½ Tbls coconut oil; sauté onion in the oil for 4-5 min. Add ginger, chile, and quinoa. Cook 1 minute, stirring constantly. Stir in the turmeric, coriander, cinnamon, and salt. Cook for one minute stirring constantly. Add the water and bring it to a boil. Cover, reduce heat, and simmer for 15 minutes. Stir in peas. Cover and cook for four or five minutes or until peas are tender and all the water has been absorbed.

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