

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Cilantro Lime Quinoa

2 cups water

1/2 teas salt

1 cup yellow quinoa

1 Tbls olive oil (optional)

1 large handful of fresh cilantro coarsely chopped

Juice of 1 lime

Salt and pepper to taste



In a medium sized pan bring the 2 cups of water and 1/2 teas salt to a boil. Add 1 cup of quinoa and cover, reduce heat to a gentle simmer. Let cook for about 20 minutes or until the water has been fully absorbed and the quinoa is tender. Once cooked add olive oil, cilantro, lime juice and salt and pepper. Toss to combine. Heat it up with a little cayenne pepper and fresh pressed garlic. Make it smokier with cumin and/or paprika.