

Microwave Oven Cooked Quinoa



TIPS:

1. Quinoa (pronounced "*keen-wah*") should always be rinsed and drained before cooking as it grows its own bitter tasting soapy, resin-like outer coating (saponin) to repel insects and birds.
2. **Benefits to microwave cooking quinoa:** no need to watch and clean a pot; the quinoa cooks in the same bowl that can be used either to make a quinoa dish or store the quinoa in the refrigerator.
3. **Microwave cooking quinoa is a two-step cooking process.** It requires first cooking the quinoa for 5 minutes, then giving the quinoa a quick stir, cooking for another 2 minutes, and finally letting the cooked quinoa sit to soak up any remaining water for another 10 minutes.

2. Brief history & nutrition facts: Quinoa is the seed of the goosefoot plant. Goosefoot, which gets its name from the shape of its leaves, is a relative of spinach and Swiss chard. Quinoa grows in the South American Andes Mountains, mostly in Chile, Peru and Bolivia, where it's 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. It is also a good source of manganese, magnesium, iron, copper & phosphorous making it particularly noteworthy for people affected by migraine headaches, diabetes and atherosclerosis. And, although it does contain some fat, all of it is unsaturated (good) fat that includes Omega-3. It also contains no trans fats, cholesterol or sodium (unless you add salt to cooking like I do - as shown below).

Cooking Time: about 7 minutes

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

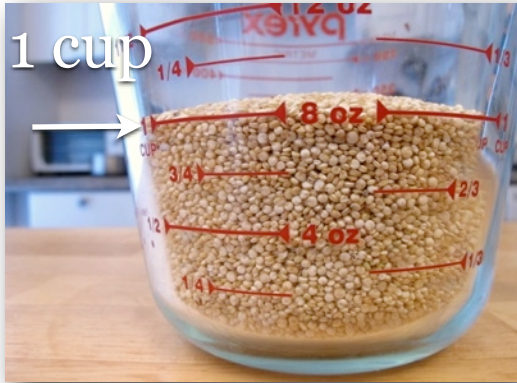
Needed

(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
- Timer



1. 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 your **quinoa** has a sudsy froth to it as you rinse it, keep rinsing until that froth, which has a bitter taste, is washed away. Then pour the **rinsed quinoa** into a microwave safe bowl.



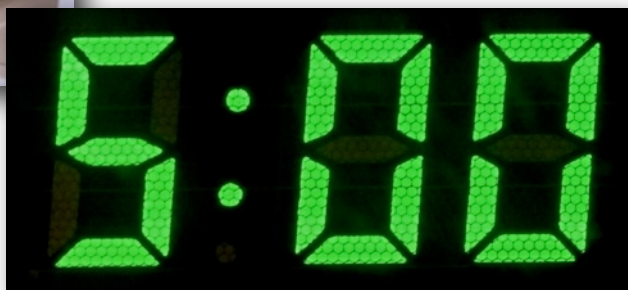
2. Measure and add **2 cups (16 ounces)** of **cold water** to the **quinoa** in the bowl.



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



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



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