

Quinoa with Spinach By Chef Tyna Mays-Schey

The ratio for quinoa to water is 2:1 this is the amount I made for 15 people

3 ½ cups Quinoa

6 cups chicken Stock

1 cup water

1 tsp black pepper

2 tbsp Italian herb seasoning

1 tsp granulated garlic

2 cups raw spinach leaves roughly chopped

In a sauce pot bring the liquid and seasoning to a boil

While water is heating, thoroughly rinse quinoa until water is clear. ( I use a fine mesh strainer )

When water is hot, add quinoa and place a lid on pot.

Reduce to a simmer and let cook until water is dissolved and the quinoa unfurls. (the string around the quinoa will come loose and it will be 3x its size. )

When quinoa is done mix in the chopped spinach and season to taste with kosher salt and pepper.