

# Quinoa and Green Peas

Number of Servings: 2

Prep Time: 10 minutes

Cook Time: 25 minutes

## Ingredients

1 1/2 cups water

3/4 cup quinoa, red or white

Bragg's soy sauce

1 cup frozen green peas

1 tsp sesame oil

pepper

1 tsp nutritional yeast

## Instructions

Bring water and braggs to a boil and add quinoa. Remove peas from freezer, let thaw while quinoa is cooking, about 15-20 minutes. Add peas and remaining ingredients, cover and let steam for 3 minutes or until peas are warm. Experiment with different oils and spices to get a flavour you enjoy.