



Quinoa

1 cup quinoa, rinsed
1 1/4 cup water
3/4 tsp salt

Optional spice mix:

1/2 tsp Italian Herbs
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp Chili Powder Medium

1. Add rinsed quinoa, water, salt, and any desired spices to Instant Pot inner pot.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 5 minutes > After 10 seconds display will read ON
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. Use a fork to fluff quinoa.