

# **More Healthy Quinoa Cookery For Beginners (Food Matters) [Kindle Edition] By Mara Michaels;Erin Kennedy**

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**chicken fajita quinoa bake (no pre-cooking!)** - the base is super-healthy quinoa, with no pre-cooking needed! Seriously delicious, freekah uses just a bit more liquid to cook in. Quinoa uses a 2:1 ratio,

**how to cook quinoa: everything you need to know** - How to cook quinoa: In a strainer, rinse quinoa well. Drain. I used to serve it with cous cous but switched to quinoa to make it even more healthy.

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