

Quinoa Green Beans-Tomato-Basil (GF, CF)

- 1 cup water
- 1 cup quinoa (washed to remove bitterness)
- $\frac{3}{4}$ pound green beans – fresh, cut into $\frac{1}{2}$ " pieces
- 1 cup plum tomatoes – seeded and diced
- $\frac{1}{2}$ tsp garlic – minced
- $\frac{3}{4}$ tsp salt – or to taste
- $\frac{1}{2}$ cup basil, fresh, chopped
- 2 Tbsp lemon juice, fresh

Recipe to be cooked in a pressure cooker. If you don't have one, just cook on the stove top. Quinoa is done when it has just a bit of crunch and has developed a little "tail" on the seed during cooking.

Bring water to a boil in the pressure cooker. Add the quinoa, green beans, tomatoes, garlic and salt.

Lock the lid in place. Over high heat, bring to high pressure and cook for 1 minute. Allow the pressure to come down naturally for 10 minutes. Quick-release any remaining pressure. Remove the lid, tilting it away from you to allow any excess steam to escape.

Stir in the basil and lemon juice and fluff up the quinoa just before serving. Great hot, room temperature or cold.