



# Quinoa Chop

S P R O U T I N G O R G A N I C S . W E E B L Y . C O M

## Ingredients

- 1/2 Cup Quinoa
- 1 1/2 Water
- 1/2 Cup organic fresh or frozen veggies (any kind your parrot likes, I use carrots, peas, green beans and corn)

## Directions

- Bring the water to a boil over medium high heat.
- Add quinoa to boiling water and reduce heat to low.
- Simmer for 12 to 15 minutes or when water is absorbed and quinoa is fluffy.
- While quinoa is cooking start cooking the veggies be sure not to use oil or salt. I like to steam them on the stove or in a slow cooker.
- Once the quinoa and veggies are done cooking mix them together and wait for them to cool then serve.