

Baked Rice or Quinoa

INGREDIENTS

- 1 cup of grain
- 2 cups water
- 1 tsp salt
- 1 tsp pepper

METHOD

Add grain to a foil pan or baking dish. Rinse rice or quinoa with water. Drain well. Add measured water to the grain. Add salt & pepper. Cover tightly with foil and bake covered for one hour at 350*. Do not check grain during the cooking process. You will release the steam and the rice or quinoa will not cook properly. Let cool before using. You can store in the refrigerator for up to 5 days or in the freezer for up to 3 months.