

RAINBOW QUINOA

Half-day program

FIRST

Pull cooking supplies and ingredients out of the tub. See what you have.

Read through recipe twice. Decide who's going to do what.

Wash your hands.

Find out if anyone is allergic to plain yogurt (see POTATOES).

NOTE: None of the spices are pre-measured. You will have to measure these yourself.

Tbsp = Tablespoon (large)

Tsp = teaspoon (small)

1. RICE – in pot on stove

Rice – all (about 2 cups)

- Water – 2x amount of rice
- Measure the rice and put it in the pot.
- Measure twice as much water and add to rice. Keep extra water in a cup to add later, if necessary.
- Put rice on high heat and cover. Stir occasionally to prevent rice from sticking or boiling over.
- Cook until rice is soft. Remove from heat.

2. QUINOA - in pot on stove

Quinoa – all (about 1 ½ cups)

Cooking oil – 2 Tbsp

Carrots – 2 carrots, chopped into small “coins”

Green pepper – 1 green pepper chopped

Onion – ½ onion chopped

Garlic – 1 clove peeled and sliced

Turmeric – 1 tsp

Cumin – 1 tsp

Salt - pinch

- Put oil in pot on the stove. Turn heat on high.
- When the oil “shimmers,” add chopped carrots, green pepper, onion, and garlic. Reduce heat to medium.
- Gently stir vegetables until onions turn clear.
- Add turmeric, cumin and salt.
- Add 1/3 cup water. Stir to mix water and spices into vegetables.
- Turn heat down to low.
- Add quinoa (already cooked – you’re just heating it up).
- Stir quinoa in. Cover pot and wait 1 minute. Remove from heat.

3. POTATOES – frying pan on fire

Cooking oil – 2 Tbsp

Garlic – 1 clove peeled and finely chopped

Onion – ½ onion chopped

Ginger – 1 tsp

Turmeric – 1 tsp

Coriander 1 tsp

Salt – 1 tsp

Potatoes – all (about 2 cups – drain first)

Yogurt – all (about ½ cup)

Wooden spoon & hot pad

- Before putting on fire, add oil to pan first. Use wooden spoon to coat pan.
- Add garlic, onion, ginger, turmeric, salt and coriander. Mix it all together.
- Drain potatoes, then bring potatoes, wooden spoon, and a hot pad with you to the fire. Carefully heat up pan.
- Sauté mixture until onions seem softened, stirring occasionally.
- Add all potatoes to pan. Stir for 2-3 minutes over heat.
- Remove from heat.
- If no one is allergic, stir in yogurt to make a nice cream sauce.