



## Garlic Quinoa

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	5 MIN	15 MIN		10

Garlic quinoa is a healthy and flavorful dish made with protein-rich quinoa and aromatic garlic. It has a light, fluffy texture and a mild nutty flavor that pairs perfectly with a variety of meals. This easy recipe is quick to prepare and works as both a side dish and a light main course. It's a great option for healthy eating while still delivering bold garlic flavor.

### Ingredients

- 1 cup quinoa
- 2 cups water or broth
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- Salt to taste
- Optional: 1 tablespoon fresh parsley or cilantro

### Recipe Summary

- Prep Time: 5 minutes

- Cook Time: 15 minutes
- Total Time: 20 minutes
- Servings: 4
- Course: Side / Main
- Cuisine: International

## Cooking Method

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### Instructions

1. Rinse quinoa under cold water.
2. Heat olive oil in a saucepan over medium heat.
3. Add garlic and sauté for **1-2 minutes** until fragrant.
4. Add quinoa and lightly toast for 1-2 minutes.
5. Pour in water or broth and bring to a boil.
6. Reduce heat, cover, and simmer for **12-15 minutes**.
7. Remove from heat and let sit for 5 minutes.
8. Fluff with a fork.
9. Season with salt and garnish with herbs.

### Cooking Tips

- Rinse quinoa to remove bitterness
- Use broth for more flavor
- Let it rest before fluffing

## Variations

- Add vegetables like spinach or bell peppers
- Add chickpeas or beans for protein
- Add lemon juice for freshness
- Use roasted garlic for a milder flavor

## What to Serve with Garlic Quinoa

- Grilled chicken or fish
- Roasted vegetables
- Salads
- Bowls and meal prep

## Storage

Store in an airtight container in the refrigerator for up to **4 days**.

## Reheating

Reheat with a splash of water to keep it moist.

## Frequently Asked Questions

### Is quinoa healthy?

Yes, it's high in protein and nutrients.

### Why rinse quinoa?

To remove natural bitterness.

### Can I make it ahead of time?

Yes, it stores well for meal prep.

### Recipe Author

**Mary Thompson**

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