Quinoa with Ginger and Carrots

**Ingredients**

4 garlic cloves
2 large carrots
1 tablespoon extra virgin olive oil
1 tablespoon minced ginger root
2 cups quinoa
4 cups water
Salt to taste
Directions

1. Mince garlic. Dice the carrots into small cubes.
2. Put 1 tablespoon of olive oil into pan and put on medium heat.
3. Add garlic, carrots and ginger and cook on medium for 3 minutes.
4. Add the quinoa and water to the pot and bring to a boil.
5. Cover the pot and turn heat to low. Simmer for 20 minutes.
6. Uncover and fluff with a fork.
7. Salt to taste and enjoy.

Source: Oldways

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