Instant Pot Quinoa

**Yield: 4 Servings**

**Prep time: 1 minute**

**Cook Time: 1 minute**

**Pressure build and release time: 15 minutes**

**Total Time: 20 minutes**

# Ingredients

* 1 cup quinoa
* 1 1/2 cups water
* Spray cooking oil
* 1 pinch salt

# Instructions

1. Rinse quinoa under cold running water until the water runs clear.
2. Spray the Instant Pot liner with cooking oil and add the rinsed quinoa (still damp), water and salt.
3. Lock the lid and set the steam valve to its “sealing” position.
4. Select the “MANUAL” button and cook for 1 minute on high pressure. It will take about 5 minutes for the pressure to build, then the countdown timer will start.
5. Allow the pressure to release naturally for 10 minutes and then release any remaining pressure.
6. Fluff quinoa with a fork and serve.

# Shopping List