

Onion and Turmeric Rice or Quinoa

Add some flavour and pizzazz to your cooked grains by adding a skillet of sautéed onions prepared as follows:

- thinly sliced or chopped onions – as many as you want! (1 med-large)
- a shot of Bragg's liquid aminos (approx. 1 tsp)
- one tsp of ground turmeric
- 1-3 Tbsp hemp or olive oil

Sauté onions in olive oil and seasonings. Add to grains once cooked . When mixed, add the extra 1-3 Tbsp of hemp or olive oil.

This is a great way to increase the nutritional value of your cooked grains. Onions are a rich source of bioflavonoids and turmeric is a potent anti-inflammatory and anti-cancer spice.