



**Diet vs Disease**

**Histamine aware plan**

Taylor Hanna

<https://www.dietvsdisease.org/>

This plan is LOWER in histamine containing foods, histamine liberators and DAO inhibitors.

Eating lower histamine helps to prevent the accumulation of histamines. Some individuals will experience symptoms when histamines reach a certain accumulation threshold in their body.

Use this meal plan as a general guide but feel free to swap out ingredients or recipes.

See below for foods to LIMIT and foods to eat.

## **LOWER histamine foods (EAT THIS):**

- Chicken (skinned and fresh)
- Egg yolk (egg whites if well cooked)
- Fresh fruits - with the exception of strawberries, and citrus fruits such as oranges and lemons
- Fresh vegetables - with the EXCEPTION of tomatoes
- Grains - rice noodles, yeast-free rye bread, rice crispbread, oats, puffed rice crackers, millet flour, pasta (spelt and corn-based AVOID yeast)
- Cream cheese, butter
- Most cooking oils - check suitability before use -Most leafy herbs
- Herbal teas - with the exception of green tea, matte tea

## **Foods to LIMIT:**

### **HIGH HISTAMINE FOODS:**

- Alcohol
- Pickled or canned foods - sauerkraut
- Matured cheeses
- Smoked meat products - salami, ham, sausages
- Shellfish
- Beans and pulses - chickpeas, soybeans, peanuts
- Nuts - walnuts, cashew nuts
- Chocolates and other cocoa-based products
- Citric fruits
- Wheat based products
- Vinegar

### **Histamine liberators (LIMIT)**

- citric fruits - kiwi, lemon, lime, pineapple
- Cocoa and chocolate
- Nuts
- Papaya

Beans and pulses

Tomatoes

Wheat germ

Additives - benzoate, sulphites, nitrites, glutamate, food dyes

**Foods that block the diamine oxidase (DAO) enzyme (LIMIT):**

Alcohol

Black tea

Energy drinks

Green tea

Mate tea

## **MORE INFORMATION ON HISTAMINES:**

**Histamines:** Fall within the amine family and are both produced by the body and are found in foods. Histamines increase in foods as they age as a result of protein break down. Foods like meat, cheese and fish increase in amines as they age or mature, and in fruits and vegetables as they ripen or ferment.

**Histamine liberators:** increase the release of histamine, therefore increasing histamine accumulation in the body.

**DAO inhibitors:** DAO enzymes are one of the enzymes that help to breakdown histamines. DAO inhibitors decrease your bodies effectiveness at breaking down histamines.

**Common symptoms that MAY occur when histamines accumulate and travel through your bloodstream:**

**Neurological:** irritability, brain fog, vertigo/dizziness

**Dermatologic:** rash, flushing, hives **Rheumatological:** joint pain

**Cardiac:** Racing heart, palpitations, hypertension, arrhythmia

**Gastrointestinal:** altered bowel function, abdominal pain, nausea, vomiting, abdominal cramps, non-celiac gluten sensitivity, reflux/GERD/heartburn






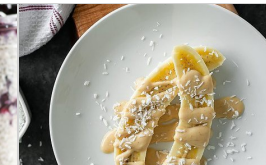























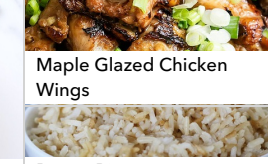

**Nasal congestion,** runny nose, sneezing, nasal drip

**Insomnia,** fatigue

**Headache/migraines**

**Tissue swelling**



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Oatmeal	 Beef, Sweet Potato & Rapini Skillet	 Oatmeal	 Beef, Sweet Potato & Rapini Skillet	 Blueberry Chia Parfait	 Sunflower Banana Boat	 Blueberry Chia Parfait
Snack 1	 Carrot Sticks	 Radish & Cucumber Rice Cakes	 Carrot Sticks	 Radish & Cucumber Rice Cakes	 Carrot Sticks	 Radish & Cucumber Rice Cakes	 Parsnip Fries
Lunch	 Slow Cooker Chicken & Wild Rice Soup	 One Pan Crispy Chicken with Potatoes & Greens	 Cheezy Beef & Zoodle Bowl	 Slow Cooker Chicken Soup	 Low histamine vegan power bowl	 Baked cod with mango salsa	 Roasted vegetable pasta salad
Snack 2	 Apple with Sunflower Seed Butter	 Sunflower Banana Boat	 Apple with Sunflower Seed Butter	 Sunflower Banana Boat	 Apple with Sunflower Seed Butter	 Oven Baked Potato Wedges	 Oven Baked Potato Wedges
Dinner	 One Pan Crispy Chicken with Potatoes & Greens	 Cheezy Beef & Zoodle Bowl	 Slow Cooker Chicken Soup	 Low histamine vegan power bowl	 Baked cod with mango salsa	 Roasted vegetable pasta salad	 Maple Glazed Chicken Wings  Brown Rice

**Fruits**

- ☐ 3 Apple
- ☐ 3 Banana
- ☐ 2 cups Mango

**Breakfast**

- ☐ 6 Brown Rice Cake
- ☐ 1/2 cup Maple Syrup

**Seeds, Nuts & Spices**

- ☐ 2 Bay Leaf
- ☐ 1/2 tsp Black Pepper
- ☐ 0 pinch Black Pepper
- ☐ 3/4 cup Chia Seeds
- ☐ 2 tsps Dried Oregano
- ☐ 1 1/3 tsps Dried Thyme
- ☐ 0 Fresh Herb Of Choice
- ☐ 2 tsps Italian Seasoning
- ☐ 0 pinch Pink Himalayan Salt
- ☐ 2 2/3 tsps Pumpkin Seeds
- ☐ 0 pinch Salt
- ☐ 1 1/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sesame Seeds
- ☐ 1/2 cup Slivered Almonds
- ☐ 0 Small Handful Coriander (Diced)
- ☐ 0 Small Pinch Black Pepper (Optional)
- ☐ 0 Small Pinch Salt
- ☐ 2 tsps Sweet Paprika
- ☐ 2 tsps Turmeric
- ☐ 2 tsps Vegetable Bouillon

**Frozen**

- ☐ 2 cups Frozen Blueberries

**Vegetables**

- ☐ 1/2 Bell Pepper
- ☐ 2 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 1 1/2 Carrot
- ☐ 8 stalks Celery
- ☐ 3/4 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 4 Garlic
- ☐ 2 tbsps Ginger
- ☐ 1 Green Bell Pepper
- ☐ 4 stalks Green Onion
- ☐ 2 Green Onion
- ☐ 5 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 2 cups New Potatoes
- ☐ 6 Parsnip
- ☐ 3/4 cup Radishes
- ☐ 2 Radishes
- ☐ 2 bunches Rapini
- ☐ 2 Red Bell Pepper
- ☐ 1/4 cup Rosemary
- ☐ 8 Russet Potato
- ☐ 4 Sweet Potato
- ☐ 4 Yellow Onion
- ☐ 4 1/2 Zucchini

**Boxed & Canned**

- ☐ 1 cup Brown Rice
- ☐ 7 ozs Pasta
- ☐ 1 cup Quick Oats
- ☐ 2 1/8 ozs Quinoa
- ☐ 1 1/4 cups Wild Rice

**Baking**

- ☐ 1/3 cup Nutritional Yeast
- ☐ 3 tbsps Unsweetened Shredded Coconut

**Bread, Fish, Meat & Cheese**

- ☐ 1/2 slice Bread
- ☐ 1 3/4 lbs Chicken Breast
- ☐ 2 lbs Chicken Thighs
- ☐ 1 lb Chicken Thighs With Skin
- ☐ 2 lbs Chicken Wings
- ☐ 4 Cod Fillets
- ☐ 4 lbs Extra Lean Ground Beef

**Condiments & Oils**

- ☐ 1/2 tsp Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 2/3 tbsps Olive Oil
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 1/3 cup Tahini
- ☐ 1/4 cup Tamari

**Cold**

- ☐ 3 1/2 cups Unsweetened Almond Milk

**Other**

- ☐ 1/4 cup Warmed Water
- ☐ 26 2/3 cups Water



## Oatmeal

1 serving

5 minutes

### Ingredients

1 cup Water  
1/2 cup Quick Oats

### Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and enjoy!

### Notes

**Leftovers:** Store in the fridge for up to four days.

**More Flavor:** Add salt and/or cinnamon.

**Additional Toppings:** Fruit, nuts or seeds.

**No Quick Oats:** Use traditional rolled oats instead.





## Beef, Sweet Potato & Rapini Skillet

4 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 bunch Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

### Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

### Notes

**Vegan and Vegetarian:** Skip the beef. Saute the veggies in olive oil then add cooked lentils.

**No Rapini:** Use kale or broccoli instead.

**Leftovers:** Store leftovers in an airtight container in the fridge for up to three days.



## Blueberry Chia Parfait

2 servings

30 minutes

### Ingredients

1 3/4 cups Unsweetened Almond Milk  
1/3 cup Chia Seeds  
1 tbsp Maple Syrup  
1 cup Frozen Blueberries (thawed)  
1/4 cup Slivered Almonds

### Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

### Notes

**No Slivered Almonds:** Use shredded coconut or hemp seeds instead.

**Chia Will Not Gel:** If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!





## Sunflower Banana Boat

1 serving

5 minutes

### Ingredients

1 tbsp Sunflower Seed Butter  
1 1/2 tbsps Water (warm)  
1 Banana (peeled)  
1 tbsp Unsweetened Shredded Coconut

### Directions

- 1 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 2 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

**Additional Toppings:** Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.



## Carrot Sticks

1 serving

5 minutes

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### Ingredients

1 Carrot (medium)

### Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

**More Flavor:** Season with salt.

**Serve it With:** Hummus, guacamole or your favorite dip.



## Radish & Cucumber Rice Cakes

1 serving

10 minutes

### Ingredients

2 Brown Rice Cake  
1/4 cup Radishes (sliced)  
1/4 Cucumber (sliced)  
Sea Salt & Black Pepper (to taste)

### Directions

1

Top each rice cake with radishes and cucumber. Sprinkle with salt and pepper and enjoy!

### Notes

**Leftovers:** Refrigerate the vegetables in an airtight container for up to three days. The rice cakes are best stored in the original packaging until ready to use.

**Serving Size:** One serving is equal to two rice cakes.

**Additional Toppings:** Add guacamole or a hummus spread on the bottom layer.





## Parsnip Fries

4 servings

50 minutes

### Ingredients

6 Parsnip (large)  
2 tbsps Avocado Oil  
1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 While oven is preheating, wash and peel the parsnips. Slice them into long, thin fry shapes. Lay on the baking sheet and drizzle with avocado oil. Toss the fries gently to coat and sprinkle with sea salt.
- 3 Bake for 40 minutes, turning halfway through cooking.
- 4 Remove from the oven and enjoy!

### Notes

**Storage:** Keeps well in fridge for up to 4 days.

**Spice it Up:** Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavour to the fries.



## Slow Cooker Chicken & Wild Rice Soup

8 servings

4 hours

### Ingredients

13 ozs Chicken Breast  
10 cups Water  
2 Carrot (medium, chopped)  
1 1/4 cups Wild Rice (rinsed)  
1 tsp Sea Salt  
2 Bay Leaf (optional)  
1 cup Kale Leaves (stems removed, chopped)

### Directions

- 1 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 2 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze if longer.

**Serving Size:** One serving equals approximately 1 1/2 to 2 cups.

**More Flavor:** Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

**Make it Vegan:** Use black beans instead of chicken.





## One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

### Ingredients

8 ozs Chicken Thighs with Skin  
2 cups Mini Potatoes (halved)  
1/8 tsp Sea Salt  
1 tbsp Rosemary (chopped)  
2 cups Kale Leaves (chopped)

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!

### Notes

**No Rosemary:** Use thyme or another herb instead.

**No Kale:** Use another green such as Swiss chard or spinach.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.





## Cheezy Beef & Zoodle Bowl

2 servings

25 minutes

### Ingredients

1 lb Extra Lean Ground Beef  
3 tbsps Nutritional Yeast  
1 tbsp Fresh Dill (chopped, divided)  
1/4 tsp Sea Salt  
2 Zucchini (spiralized)

### Directions

- 1 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 2 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 3 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to three months.

**Additional Toppings:** Add cherry tomatoes or bell peppers.

**Make it Vegan:** Use black beans instead of ground beef.

**No Spiralizer:** Chop the zucchini into small circles and sauté until they're cooked to your preference.



## Slow Cooker Chicken Soup

6 servings

6 hours

### Ingredients

1 Yellow Onion (diced)  
4 stalks Celery (diced)  
3 Carrot (medium, chopped)  
1 tbsp Rosemary (fresh)  
8 ozs Chicken Breast (boneless, skinless)  
1 lb Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
6 cups Water (or broth)

### Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

### Notes

**More Carbs:** Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

**Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.





## Low histamine vegan power bowl

1 serving  
45 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 cup New Potatoes (sliced in half)
- 1/2 Red Bell Pepper (cut into large chunks)
- 1/4 Zucchini (cut into large chunks)
- 1/4 Carrot (grated)
- 1 Radishes (sliced)
- 1 1/16 ozs Quinoa
- 1 tsp Dried Thyme
- 1 tsp Sweet Paprika
- 1 tsp Turmeric
- 1 tsp Pumpkin Seeds
- 1 tsp Vegetable Bouillon (optional)
- 1 Green Onion (optional)
- Small Handful Coriander (Diced)
- Pink Himalayan Salt (to taste)
- 1 tbsp Tahini
- 1 tsp Maple Syrup
- 2 tbsps Warmed Water

### Directions

- 1 Preheat the oven to 200C and line a baking tray with parchment paper. Once at temperature, add the new potatoes, red bell pepper and zucchini. Drizzle with olive oil and sprinkle with sweet paprika and turmeric. Bake for approximately 30 minutes or until the vegetables and potatoes are tender.
- 2 Prepare the quinoa to packet instructions, adding the thyme and vegetable bouillon to the water if using.
- 3 Make the tahini dressing by stirring together the tahini, maple syrup and water until it becomes a creamy sauce. Add more water if you prefer a thinner consistency.
- 4 Make your bowl by adding the new potatoes, quinoa mix and roasted vegetables. Add the radishes and grated carrot and drizzle over the tahini dressing. Top with the coriander, pumpkin seeds and green onion.
- 5 Serve immediately and enjoy!





## Baked cod with mango salsa

2 servings

35 minutes

### Ingredients

2 Cod Fillets (frozen)  
1/2 cup Mango  
1/4 slice Bread (or equivalent  
breadcrumbs)  
1 tsp Olive Oil  
1/4 tsp Apple Cider Vinegar (optional)  
Small Pinch Salt  
Small Pinch Black Pepper (Optional)  
1 tsp Sesame Seeds (optional)  
1/2 cup Mango  
1/4 Bell Pepper (diced into small  
pieces)  
Fresh Herb Of Choice (torn into small  
pieces)

### Directions

- 1 Place your cod fillets in an ovenproof dish and loosely cover with foil. Bake for 15 minutes.
- 2 While the fish is cooking blend the bread to form breadcrumbs. I use a Nutribullet. Then add in the olive oil, half the mango, apple cider vinegar and a small pinch of salt and pepper (if using). Blend again for a few seconds to combine.
- 3 Once the fish has had 15 minutes, remove from the oven and discard the foil. Pat on the mango breadcrumb mixture and bake, uncovered, for a further 15-20 minutes until cooked through.
- 4 Make the simple salsa by combining the mango, peppers and herbs.
- 5 Plate up the fish, and serve with rice and other vegetables or salad of choice. Sprinkle on some sesame seeds, and enjoy!



## Roasted vegetable pasta salad

2 servings

35 minutes

### Ingredients

3 1/2 ozs Pasta (of your choice)  
1/2 Red Bell Pepper (sliced or diced into large chunks)  
1/2 Green Bell Pepper (sliced or diced into large chunks)  
1 cup Broccoli  
1 cup Butternut Squash (diced into large chunks)  
1 tbsp Olive Oil  
1 tsp Dried Thyme  
1 tsp Dried Oregano  
1 tbsp Pumpkin Seeds  
2 tbsps Tahini  
1 tsp Maple Syrup  
3 tbsps Water  
Salt  
Black Pepper (optional)

### Directions

- 1 Preheat the oven to 200C and line a baking tray with parchment paper. Once at temperature arrange your vegetables on the tray and drizzle with olive oil, then sprinkle over the herbs. Bake for 15-20 minutes until tender.
- 2 Cook your pasta according to packet instructions while the vegetables are in the oven.
- 3 Prepare the tahini maple dressing by combining all ingredients and stirring very thoroughly until they become a creamy dressing. It will look 'gritty' to begin with, but keep stirring for a creamy dressing.
- 4 Once cooled, combine your pasta and roasted vegetables, drizzle over the tahini maple dressing and sprinkle on some pumpkin seeds.



## Apple with Sunflower Seed Butter

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

### Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up four days.





## Oven Baked Potato Wedges

4 servings

40 minutes

### Ingredients

4 Russet Potato (medium, cut into wedges)  
1 tbsp Extra Virgin Olive Oil  
1 tsp Italian Seasoning  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 2 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 3 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 4 Serve immediately and enjoy!

### Notes

**More Flavor:** Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

**No Olive Oil:** Use avocado oil instead.

**Leftovers:** Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.



## Maple Glazed Chicken Wings

4 servings

30 minutes

### Ingredients

2 lbs Chicken Wings  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 cup Maple Syrup  
1/4 cup Tamari  
4 stalks Green Onion (sliced)

### Directions

- 1 In a bowl, combine the chicken with oil until well coated. Season with salt.
- 2 In a separate bowl, whisk together the maple syrup and tamari.
- 3 Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
- 4 Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350°F (177°C) for 8 to 10 minutes.

**Serving Size:** One serving is equal to approximately seven chicken wings.

**More Flavor:** Add some chili flakes for spice. Use garlic-infused oil.

**No Tamari:** Use coconut aminos or soy sauce instead.

**No BBQ:** Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.



## Brown Rice

4 servings

45 minutes

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### Ingredients

1 cup Brown Rice (uncooked)  
2 cups Water

### Directions

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Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!