

A few ideas to start using Quinoa as used in our kitchens:

QUINOA WITH SWEET CORN From the Clean Food cookbook by Terry Walters

1 cup quinoa
2 cups of water
Sea salt
1 tablespoon extra virgin olive oil
1 small onion, chopped
1 cup red or orange bell pepper, chopped
1 ½ cups corn, fresh or frozen
2 tablespoons fresh parsley
Toasted sesame oil or olive oil

A Note About Quinoa

This is a high protein, non-gluten grain from the Incas. It is a complete protein with significant amounts of lysine, helpful for repairing tissue. Like other whole grains, quinoa helps fight cancer, prevent heart disease, and lower the risk of type 2 diabetes. Has a slightly bitter taste that pairs well with dark leafy greens like collards and kale, sweet root vegetables, corn and onions. This grain is such a powerhouse it was considered by NASA as a potential plant to be grown on the space station.

Place quinoa (pronounced keen-wah) in 1 ½ quart saucepan with 2 cups water and pinch of sea salt. Bring to a boil then reduce to a simmer, cover and cook 15 minutes until all water is absorbed.

Remove from heat and set aside to cool slightly before fluffing.

In large skillet or Dutch oven over medium heat, sauté chopped onion and bell pepper in olive oil until soft. Add corn and heat through. Fold in quinoa and parsley and drizzle with olive oil or toasted sesame oil. Season to taste with salt and serve.

Quinoa with Almonds and Apricots-a cool salad

Lisa's new favorite {a Marine wife}

1 cup of quinoa plus 2 C broth {all natural vegetable or chicken broth (amount of broth needed depends on your quinoa product)
½ small red pepper, cut into ¼ in dice (about ½ cup)
1/3 cup toasted sliced almonds *I add when ready to serve to keep them crunchy*
1/3 cup dried apricots, coarsely chopped or golden raisins *(I use craisins instead)*
2 tbsp thinly sliced scallions (optional) *I'd add scalded snow peas for more color and veggies*
¾ tsp cumin
½ tsp kosher salt
2 tbsp lemon juice
1 tbsp extra virgin olive oil
1 tbsp honey
Freshly ground pepper

Place quinoa in a fine mesh strainer and rinse several times in cold water. Drain well and set aside.

In a medium saucepan, bring the broth to a boil. Stir in quinoa and cook according to package directions until the liquid is absorbed. *[Or about 15-30 min.-check to see if soft enough to enjoy]*

Transfer to a large bowl and fluff gently with a fork every few minutes until grains cool.

Stir in the bell pepper, almonds, apricots, scallions as desired, cumin, and salt until well combined. Whisk together the lemon juice, olive oil, and honey in a small bowl until well blended. Stir into the quinoa mixture until well coated with the dressing. Season with additional salt and pepper to taste.

Quinoa is a high protein grain, easier for diabetics to eat, can substitute for rice in many recipes.

Easy cold Quinoa If you want it hot, just sauté veggies-can add any you like, a lot like rice

Cook 1 cup Quinoa with 2 cups water or chicken broth as package directs

Mix with:

1 chopped green onion, green, red or yellow chopped pepper, chopped cilantro to taste, lime or lemon juice to taste, olive oil, 1 can black beans or black eyed peas, rinsed well-whichever you prefer
chopped celery As you see, most ingredient amounts are to your taste.