

# Quinoa – 5 Different Ways!

Quinoa (pronounced *KEEN-wah*) is actually a seed from a vegetable related to Swiss chard, spinach and beets. It is a superfood due to its high nutritional content. It has twice the amount of protein than rice, it is packed with fibre to aid digestion and it is low on the glycemic index. Quinoa is recommended to individuals on a gluten-free diet because it contains no gluten. It is also a very versatile food, and we have 5 different ways to use quinoa in your everyday life!

## Why Is Quinoa Good For You?

- ✓ High in protein (a complete protein source because it has all nine essential amino acids)
- ✓ High in fibre
- ✓ High in iron (helps to carry oxygen to our cells which is the basis of how we function)
- ✓ High in the antioxidant manganese (protects our cells from damage by free radicals)
- ✓ Good source of calcium
- ✓ Keeps your heart healthy
- ✓ Decreases inflammation
- ✓ Helps control weight
- ✓ Wheat-free

## How to Cook Quinoa

For every one cup of quinoa, add 2 cups of liquid (water or broth):

1. Bring the water to a boil and add the quinoa.
2. Reduce heat to medium-low and simmer with the lid on for 12 minutes.

## Breakfast Cereal

Overcook your quinoa slightly (15 or 16 minutes) and let it cool slightly. You can put it in a blender or food processor until it's smooth and creamy. Add some milk, cinnamon and a chopped banana. You can also top it off with yogurt, nuts or maple syrup.



## Greek Quinoa Salad

### Salad

- 1 1/3 cup water
- 2/3 cup quinoa
- 1 cup diced cucumber
- 1/2 diced red pepper
- 1/2 cup of sliced or chopped black olives
- 1/2 cup crumbled feta cheese
- 1/4 cup diced red onion (optional)

### Dressing

- 3 tbsp olive oil
- 3 tbsp red wine vinegar
- 1 tsp dried oregano

Cracked black pepper to taste. (from Quinoa Revolution cookbook)



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## Summer Vegetable Salad

### Salad

- 2 cups water
- 1 cup quinoa
- 1 1/2 cups of diced zucchini (green or yellow)
- 1 1/2 cups halved cherry tomatoes
- 1 cup halved light small bocconcini cheese

### Dressing

- 1/4 cup flaxseed oil or olive oil
- 1/4 cup of lemon juice
- 1 tsp finely chopped fresh basil
- 1 tsp minced garlic
- 1/4 tsp salt

(from Quinoa Revolution cookbook)

## Moroccan and Rollin' Quinoa Salad

- 1 cup quinoa
- 2 cups reduced-sodium vegetable broth
- 1/4 cup dried currants
- 1 tsp curry powder
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp liquid honey
- 1/2 tsp salt
- 1 cup canned chickpeas, drained and rinsed
- 1/2 cup each finely chopped red pepper, grated carrots, and diced cucumber
- 1/3 cup chopped green onions
- 2 tbsp olive oil
- 2 tbsp freshly squeezed lemon juice
- 2 tbsp minced fresh mint leaves
- 1/4 tsp freshly ground pepper



Directions: Combine quinoa, broth, currants, curry, cumin, coriander, honey and salt in a medium pot. Bring to a boil. Reduce heat to low, cover and simmer for about 20 minutes or until quinoa has absorbed all liquid. Remove from heat and let stand, covered for 10 minutes. Fluff with a fork and leave uncovered to cool completely.

When cool, stir in remaining ingredients. Mix well and refrigerate at least 1-2 hours before serving.

(from The Looneyspoons Collections)

# Quinoa – 5 Different Ways!

## The Better (Quinoa) Burger

- 1 cup water
- 1/2 cup red quinoa
- 1 tbsp grapeseed oil or vegetable oil
- 1 cup diced onions
- 2 cups finely chopped cremini or white button mushrooms
- 1 tsp minced garlic
- 3/4 tsp dried marjoram
- 1/4 tsp dried oregano
- 1 large egg
- 2/3 shredded reduced-fat aged cheddar cheese
- 1/2 cup toasted pecans, finely chopped
- 1/3 cup quick-cooking rolled oats
- 1 tbsp sodium reduced soy sauce or tamari



Directions: Preheat the oven to 350. Lightly grease a baking sheet or line with parchment. Combine water and quinoa in a medium saucepan. Bring to a boil, reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let sit, covered for another 10 minutes. Fluff with a fork and set aside to cool

Heat the oil in a large saucepan on medium heat. Add the onions and cook for about 5 minutes or until the onions start to become soft and transparent. Add the mushrooms, garlic, marjoram and oregano; cook for another 5 minutes or until the mushrooms are tender. Set aside.

In a medium bowl, beat the egg. Add the quinoa, mushroom mixture, cheese, toasted pecans, oats and soy sauce. Scoop 1/2 cup portions of the mixture onto the baking sheet and shape into 8 or 9 patties 1 inch thick, leaving 1 inch between them. Bake for 27-30 minutes, until slightly browned and crispy. Serve with your favourite garnishes.

\*These burgers can also be fried in an oiled skillet or grilled on a bbq baking sheet.

(from Quinoa Revolution)

**In 100 g of quinoa provides 368 calories, 14 g of protein, 6 g of fat, 64 g of carbohydrate, and 7 g of fibre.**

Herrington, D. (2015). Seven reasons quinoa is the new health food superstar. Retrieved from [www.huffingtonpost.ca/diana-herrington/7-benefits-of-quinoa\\_b\\_3363619.html](http://www.huffingtonpost.ca/diana-herrington/7-benefits-of-quinoa_b_3363619.html).

Lewin, J. (2014). Health benefits of quinoa. Retrieved from [www.bbcgoodfood.com/howto/guide/health-benefits-quinoa](http://www.bbcgoodfood.com/howto/guide/health-benefits-quinoa).