



all about Quinoa

Considered a whole grain powered with protein and fiber, quinoa is perfect for breakfast, lunch or dinner!



Let's Get Cooking!

Quinoa is gluten free, high in protein and one of the few plant foods that contain enough of all nine essential amino acids. It is also high in fiber and manganese.



One Pan Mexican Quinoa

Total time: 35 min Servings: 4

Ingredients:

- 1 tbs oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15 oz) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels frozen or canned
- 1 tsp chili powder
- ½ tsp cumin
- Salt and pepper to taste
- Juice of 1 lime

Directions: Heat oil in a large skillet over medium high heat. Add garlic and jalapenos and cook stirring frequently until fragrant. Stir in quinoa, vegetable broth, beans, tomato, corn, chili powder, cumin, salt and pepper. Bring to a boil, cover, reduce heat, and simmer until quinoa is cooked (about 20 min). Garnish with avocado, cilantro, and lime juice then serve immediately.



Loaded Quinoa Tacos

Total time: 30 min Servings: 10 tacos

Ingredients:

- 1 cup quinoa
- 2 cups vegetable broth
- 2 tbs oil
- 1 package taco seasoning
- 2 green onions
- 1 lime
- 1 bell pepper
- Favorite toppings: salsa, sour cream, cheese, jalapenos
- 10 corn tortillas

Directions: Combine quinoa and vegetable broth in a medium saucepan. Bring to a boil then reduce heat to low and cook covered for 15 min. Turn off heat and let sit still covered to steam for 5 min, then fluff with fork. While quinoa cooks prepare toppings. When quinoa is done sprinkle with taco seasoning and mix well. Warm tortillas then add desired toppings and immediately serve.

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How to Prepare



1. Combine two parts water to one part quinoa in a medium saucepan and bring to a boil.
2. Reduce to low heat, cover and simmer for 15 minutes, until all the liquid is absorbed.
3. Remove quinoa from heat and allow to sit for 10 minutes. Fluff with a fork then serve.

Simple Swaps

Easily incorporate quinoa into your favorite dishes.

Try substituting white rice for quinoa for a meal with less carbs and extra fiber.	White rice	Cooked quinoa
A cooked quinoa mixture shaped into patties and grilled make a delicious vegetarian burger option	Hamburger meat	Cooked quinoa mixture
Try incorporating quinoa into your breakfast by adding your favorite oatmeal toppings.	Oatmeal	Quinoa

How to Store

Pantry

Dried quinoa should be sealed in a cool, dark pantry in an airtight bag. When sealed properly dried quinoa can last for up to 1 year.

Refrigerator

Quinoa that is already cooked should be allowed to cool then stored in an airtight container in the refrigerator for 3 to 4 days.

Freezer

Cooked quinoa can be frozen in a re-sealable freezer safe bag. Frozen quinoa will keep for up to 1 year.