

## Versatile Staple Food

At breakfast, use it in place of warm oats and serve with cinnamon, nuts and your favorite berries. The toasty grain takes on the sweetness of the fruit. Its high protein content and healthy fats boost concentration through the day. For lunch, stir cold quinoa into a mango black bean salad, topped with cilantro and a citrus dressing, watch it take on a Caribbean flavor. At the end of the day, try serving savory herbed fish topped with dill over a bed of warm quinoa pilaf. Delicious!



## Easy Quinoa Ideas

### Pumpkin Breakfast Quinoa

Prepare 1 cup dry white quinoa as directed. While still warm, stir in ½ cup canned pumpkin, ¼ cup brown sugar, ½ teaspoon ground cinnamon, ¼ tsp. ginger and ¼ tsp. nutmeg. Top each serving with 1 tbsp. low fat vanilla yogurt, chopped pecans and raisins. Makes 4 one cup servings.

### Quinoa Tuna Salad

In a medium bowl, stir together 2 tbsp. olive oil, 2 tsp. lemon juice, ¼ tsp. salt and dash black pepper. Add 1 ½ cups cooked, cooled white quinoa, 2 (5 oz.) cans drained chunk light tuna, 1 cup diced fresh tomatoes, 1 drained (2.25 oz.) can sliced ripe olives and 1 sliced green onion. Gently stir in 2 cups baby spinach. Serve immediately. Makes 4, 1¼ cup servings.



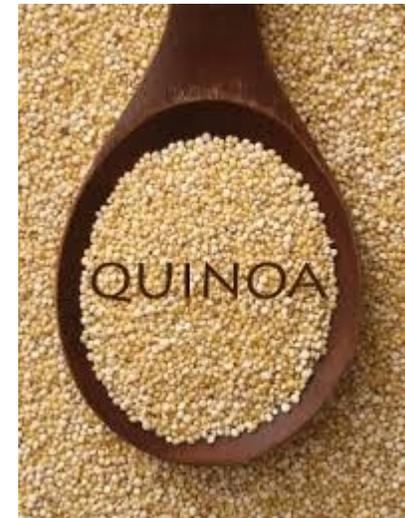
## FOOD BANK OF SIOUXLAND

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## Ancient Super Food for the 21st Century



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# Nutritious and Delicious Quinoa

This flavorful South American staple, pronounced keen-wa, is being found in more and more North American

stores and kitchens. A close relative of beets, spinach and tumbleweeds, it isn't a true grain because it's not a member of the grass family, but the grain-like seeds are quick and easy to prepare and more versatile than rice. Quinoa's mild flavor and fluffy texture, with just a slight hint of crunch, pairs well with a variety of fruits, vegetables, meats, fish and seasonings.

It takes some time to figure out how to incorporate an unfamiliar food into your lifestyle, but quinoa is definitely worth the effort. Don't be scared off by the unusual name. It's easy to fix- the fastest cooking of the whole grains- super for a busy mom. It keeps for up to a week in the refrigerator after cooking and is bound to become a go-to favorite.



## Great for You

Light and heart-healthy, with plenty of omega-3s and monounsaturated fats, it's hard to go wrong with this ancient South American staple. It has more antioxidants than some berries and it's one of the few foods in the plant kingdom that provides a complete protein with all 8 essential amino acids. Amino acids are crucial to our health, supporting muscles, repairing cells, performing so many functions, and our bodies can't produce them. We only get them through the foods we eat.

Quinoa is also rich in minerals such as potassium, which helps regulate blood pressure and heart rhythm, and calcium, important for keeping electrolytes balanced, as well as maintaining strong bones.

## The Basics

A little quinoa goes a long way. It is a small gluten-free seed that swells to three times its size when cooked. You'll find it in colors ranging from white to black at most large groceries and health food stores. White quinoa has the mildest flavor, red is slightly nuttier and black has an earthy flavor. Purchase it in bulk bins or prepackaged. Store the raw grain in your pantry as you would rice, for up to 3 months.



## Preparing Quinoa

- Use one part dry quinoa to 1½ to 2 parts liquid. Makes 3 times the dry quantity. Refrigerate up to 1 week.
- Briefly rinse quinoa in a fine-mesh sieve under running water, gently stirring. Quinoa has a bitter outer shell that has been removed and rinsing removes any residue.
- Combine quinoa and liquid (use stock for more flavor) in a saucepan with a tight fitting lid. Bring to boil, cover, reduce heat and simmer for 15 minutes for white and 18 to 20 minutes for red or black. For a softer texture, use more liquid. Turn the burner off and let pan sit for 5 minutes without removing lid. Fluff with fork. Serve warm, cold or at room temperature. To bring out the nutty flavor, before cooking, toast quinoa in a frying pan over low heat for a few moments, shaking gently as it heats up.

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