



# Quinoa

'The Perfect Protein'



# Quinoa - The Perfect Protein

Quinoa is a plant native to the Andes region of Peru and Chile. It is cultivated for its seeds and leaves, which are ground and eaten. This seed has been a major crop in the Andes mountains since 3,000 B.C. for the Incas and their descendents even today.

Quinoa (pronounced Keen-wa) is often considered to one of the most nutritionally perfect foods in existence today. This comfort food is dense with vitamins, proteins, amino acids, minerals and fiber - all basic to our survival. Low in calories, this super food also contains very little saturated, making it an ideal choice for every family.

In addition to being high in protein (around 23 gm per cup), and a good source of energy, Quinoa is an excellent source of Iron. In every cup serving, Quinoa contains 15.7 mg of iron, 357 mg of magnesium, 1258 mg of potassium, 102 mg of calcium and also contains essential omega-3 fatty acids which provide benefit to the heart!

## So it's good for you - but how does it taste?

Like many comfort foods, quinoa is easily adaptable to suite your taste-buds. It can be eaten as a main course, a side dish or even dessert. It can even be used for breakfast. Quinoa has a slightly nutty flavour, and a texture similar to wild rice. You can use it in soups, casseroles, curries, salads and cereals, and is often blended with corn and oats. When ground, its flour blends well with wheat flour or corn meal for bread and biscuits.



## Why the 'perfect' food?

Nutritionally, quinoa is virtually the perfect food for us due to its perfectly balanced amino acid composition. In fact, almost the entire plant is fit for consumption. Its' high content of vitamins, minerals, protein, iron, magnesium and phosphorus make it the most nutritionally 'dense' seed.

## How do I use it?

The simplest way to prepare quinoa is to cook it as you would pasta. Put a decent amount of water in a saucepan and bring it to the boil. Add almost any amount of quinoa - it will absorb up to about one and a half times its' own weight. Turn the heat to low, and cook until tender (around 20 minutes). Drain the water and allow the quinoa to cool.

Many people prefer to use quinoa as you would rice in a pilaf or risotto. Instead of water, use stock to add flavour. Use it in place of rice to make pilafs, risottos, salads, soups or even desserts. Quinoa is easy to adapt to your family's favourite meal. Not only does it taste great - it is great for you.



This normally hard-to-get seed is now available on Emed! Don't waste time searching in stores - buy online today and save!



# Quinoa Recipes

## **Creamy Quinoa Porridge** *Serves one hungry person*

1/2 cup uncooked quinoa  
1/2 cup water  
1 cup milk  
1/4 tsp cinnamon  
1 tbsp chopped walnuts

1 tbsp dried cranberries  
1 tbsp raisins  
1 tsp honey  
1 tsp plain yogurt (optional)

Add quinoa, water, cinnamon and 1/2 cup of the milk in a pot and bring to a boil. Reduce heat, cover and simmer for 10-15 minutes or until most of the water has been absorbed. Add the remaining 1/2 cup of milk, walnuts, cranberries and raisins and allow to simmer for about 5 minutes or until it reaches your desired consistency (it will gradually get thicker). Once it reaches the consistency you like, add the honey and the yogurt and stir to combine.



## **Quinoa Salad** *Serves four people as a side*

1 cup quinoa  
2 cups boiling water  
pinch of sea salt  
1 medium sized beetroot(beet) grated  
1 medium sized carrot, grated  
1 celery stalk, sliced thinly

A handful of chopped parsley  
1/4 cup almond meal  
1/4 cup sesame seeds  
4 tablespoons lemon juice  
2 tablespoons extra-virgin olive oil  
Sea salt & cracked pepper to taste

Place quinoa in a medium sized heavy based pan and dry-fry on medium heat for a minute or two, until grains smell nutty, stirring continuously. In a new saucepan, boil the water with a pinch of sea salt and add toasted quinoa. Return to boil, then turn heat to low and simmer for 10-12 minutes, stirring often until all the water is absorbed. Remove from the heat and allow the quinoa to cool. In a medium sized serving bowl, combine quinoa with the grated vegetables, almond meal, seeds and parsley. Drizzle with lemon juice and oil and toss well to combine - season to taste with salt & pepper.



## **Greek Quinoa Salad** *Serves four people as a side*

3-4 cups water or vegetable stock  
1 1/2 cups quinoa, uncooked  
1/4 cup apple cider vinegar (you may use any flavor you prefer)  
2 cloves garlic, minced  
Juice from one lemon  
3 tbsp olive oil

1/2 cup kalamata olives, sliced if desired  
1/3 cup fresh parsley, chopped  
1/3 cup fresh cilantro, chopped  
1 red onion, diced  
1 cup cherry tomatoes, sliced in half  
Salt and pepper to taste

In a medium-large saucepan, cook the quinoa in stock for 15-20 minutes, until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snow peas or fresh peas.



# Quinoa Recipes

## Quinoa Vegetable Paella *Serves four*

1 onion, chopped  
3 cloves garlic, minced  
1 1/2 cup quinoa  
1/4 teaspoon saffron, crushed  
2 teaspoons Spanish smoked paprika  
1/2 teaspoon ground cumin  
420g can diced tomatoes

1 red or yellow capsicum, chopped  
400g can light red kidney beans, rinsed and drained  
2 3/4 - 3 cups vegetable broth  
2 medium zucchini, halved lengthwise and sliced  
1 cup fresh or frozen peas  
1 can artichoke hearts, rinsed and cut into quarters

Sauté onion and garlic in a deep non-stick saucepan with a little water until soft. Add the quinoa and saffron and cook, stirring, for another 2 minutes. Add paprika, cumin, cayenne, tomatoes, peppers, beans, and 2 3/4 cups vegetable broth. Bring to a boil, reduce heat to very low, and cook covered for 15 minutes. After 15 minutes, check to see if more broth is needed. If it looks dry, add the remaining vegetable broth. Place the zucchini on top of the quinoa and re-cover. Cook for about 5 more minutes, until quinoa is done. Remove the cover, stir in the peas, and cook uncovered until peas are warm and all liquid is absorbed, about 5 minutes. Arrange the artichoke hearts on the top and serve.



## Quinoa Vegetable Soup *Serves six*

2 tbs. olive oil, divided  
300g mushrooms, sliced  
Salt and freshly ground black pepper to taste  
1 large red or white onion, chopped  
3 cloves garlic, thinly sliced

1 3/4 cups quinoa  
8 cups chicken stock  
3 cups water  
2 cups frozen or fresh corn  
380g spinach leaves  
2 tbs. soy sauce

Heat 1 tbs. of the oil in a large pot over medium-high heat. Add the mushrooms, season with salt and pepper and cook, stirring often, until the water they release nearly evaporates, about 5 minutes. Reduce heat to medium-low and continue cooking until lightly browned and soft. Remove to a bowl and set aside. Add the remaining oil to the pot and heat to medium. Add the onions, season and cook until soft and browned, about 8 minutes. Add the garlic, cook for 2 minutes more and add the chicken broth. Cover and bring to a boil, then add the quinoa. Reduce heat to low and simmer, covered, for 15 minutes. Uncover and add the water and corn and return to a simmer. Add the spinach leaves a few handfuls at a time. Add the reserved mushrooms and soy sauce. Simmer for a few minutes to blend the flavours, taste for seasoning and add more salt and pepper as needed. Serve as is, or with a poached egg on top.



## Creamy Quinoa Pudding *Serves four*

3/4 cup uncooked Quinoa  
1 1/2 cup water  
2 cups nonfat milk, divided  
1/3 cup sugar

1 egg  
1/2 cup milk  
2 tspns vanilla

Bring the quinoa and water to a boil, cover and reduce heat, cook for 25 minutes or until quinoa is soft and fluffy. Stir 1 1/2 cup milk and sugar into the quinoa and cook until thick and creamy, about 20 minutes. In a separate bowl mix 1/2 cup of the milk and egg. Stir into quinoa mixture for two more minutes. Finally stir in the vanilla. Enjoy!

