



GET KEEN ON QUINOA

This ancient grain is becoming more and more popular. It's an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. It's delicious!!

A NUTRITION POWERHOUSE:

- *High in fiber- 5gms/cup (more than whole wheat bread)
- *One cup cooked has more protein than an egg and supplies all The essential amino acids
- *High in manganese, magnesium, iron, tryptophan, copper and phosphorous

SIMPLE TO USE:

- *Nutrient-rich substitute for virtually any grain dish. Use in place of rice in any entrée, soup or salad recipe. Has more protein than rice.
- *Use chicken broth or vegetable broth in place of water for extra flavor
- *Mix with almonds, honey and berries for a delicious breakfast

SIMPLE TO PREPARE:

- *Fresh quinoa needs rinsing, but no need to rinse prepackaged quinoa
- *Use one part quinoa to two parts liquid when cooking
- *Cooks in 12-15 minutes, fluff with fork

QUINOA COOKING BASICS:

Bring 2 cups water or broth to a boil in a 2- quart saucepan. Add 1 cup quinoa, bring back to boil, cover, cook over medium heat for 12 minutes or until quinoa has absorbed all water. Remove from heat and let stand for 5 minutes. Fluff with a fork. Makes 4 cups.

Per ½ cup serving: 111 calories; 2 g fat; 0 mg cholesterol; 20 g carbohydrate; 4 g protein; 3 g fiber; 6 mg sodium; 159 mg potassium. (Recipes on back)

For more information contact Wellness Coordinator, Cathy Piatt.
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SOUTHWESTERN QUINOA SALAD

All you need:

- 1-1/4 cups quinoa, rinsed well and drained
- 1/3 cup lime juice
- 1 tablespoon canola oil
- 1/2 teaspoon cumin
- 2 cloves garlic, minced
- 1 can (15oz) no-added-salt black beans, rinsed and drained
- 1 cup frozen corn kernels, thawed or fresh corn
- 1 avocado, diced
- 3/4 cup chopped roasted red peppers
- 1/4 cup chopped fresh cilantro
- 2 tablespoons yellow onion, minced
- 2 tablespoons jalapeno, minced
- Salt, to taste

All you do:

In a 2 or 3 -quart pan over high heat, bring quinoa and 2-1/2 cups water to a boil. Reduce heat and simmer, covered until water is absorbed, 10-15 minutes. Rinse to cool: drain well. Meanwhile, in a bowl, combine lime juice, oil, cumin, garlic, beans, corn, avocado, roasted red peppers, cilantro, onion, and chill. Mix in quinoa, and then season to taste with salt. Spoon over Romaine lettuce leaves.

QUINOA TABBOULEH

All you need:

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| 2 cups water | 3 tomatoes, diced |
| 1 cup quinoa | 1 cucumber, diced |
| 1 pinch salt | 2 bunches green onions, diced |
| 1/4 cup olive oil | 2 carrots, grated |
| 1/2 teaspoon sea salt | 1 cup fresh parsley or cilantro, chopped |
| 1/4 cup lemon juice | |

All you do:

In a saucepan, bring water to a boil. Add quinoa and a pinch of salt. Reduce heat to low, cover and simmer for 15 minutes. Allow cooling to room temperature; fluff with a fork.

Meanwhile, in a large bowl, combine olive oil, sea salt, lemon juice, tomatoes, cucumber, green onions, carrots and parsley or cilantro. Stir in cooled quinoa.

Nutrition Facts: Serving: 1/8 of recipe. 175 calories, 8.3 g healthy fat, 0 mg cholesterol, 165 mg sodium, 23 g carbohydrates, 5 g fiber, 5 g protein.

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