

Pronounced *KEEN-waah*), it is a species of goosefoot and is grain-like crop grown primarily for its edible seeds. A pseudocereal



rather than a true cereal, or grain, it is *not* a member of the grass family. Quinoa is closely related to species such as beets, spinach, swiss chard and tumbleweeds.

From Wikipedia.org

The **United Nations General Assembly** has declared 2013 as the "**International Year of Quinoa**" in recognition of ancestral practices of the Andean people, who have preserved quinoa as food for present and future generations, through knowledge and practices of living in harmony with nature. The objective is to draw the world's attention on the role that quinoa plays in providing food security, nutrition and poverty eradication, in support of achieving **Millennium Development Goals**.

Today, people appreciate quinoa for its "superfood" nutritional value. Protein content is very high, 14% by mass. Nutritional evaluations have determined that approx. 37% of the protein is a complete protein containing all nine amino acids, making it nutrient dense. Yet, it is easy to digest. Furthermore, it is a good source of dietary fiber and is higher in minerals than cereal grains. Quinoa has a high content of the vitamins E, C and B complex. Quinoa is naturally gluten-free.

Quinoa may be germinated in its raw form to boost its nutritional value. Germination activates its natural enzymes and multiplies its vitamin content. In fact, quinoa has a notably short germination period: only 2–4 hours resting in a glass of clean water is enough to make it sprout. This process, besides its nutritional enhancements, softens the seeds, making them suitable to be added to salads and other cold foods.

Required Knowledge for Quinoa

One of the most important things to know about quinoa is that the seeds are covered in a bitter substance called saponin.

Saponin, coats the outside of the seed protecting it from being eaten before it can grow.

RINSING thoroughly with agitation for approx. 2-3 min. will remove the saponin. Taste and rinse again if it is still bitter.

How to use quinoa

- Combine cooked, chilled quinoa with your favorite beans, seeds, vegetables and seasonings. Add left-over cooked meat or seafood for a quick summer meal. For a picnic dinner try "wraps" using lettuce or cabbage leaves.
- Add nuts and fruits to cooked quinoa and serve as breakfast porridge.
- Sprouted quinoa can be used in salads and sandwiches just like alfalfa sprouts.
- Add to your favorite soup, stew or chili.
- Quinoa flour can be added to cookie or muffin recipes to give them a nutritional boost.
- For a twist on your favorite pasta recipe, use noodles made from quinoa.
- Use in quinoa in your favorite recipes in place of rice, pasta or bread crumbs! For a new taste treat stuff that Thanksgiving bird with quinoa!

Basic Cooked Quinoa

1 C quinoa

1 1/2 C water or broth (vegetable or meat-based)

1/4 tsp salt (if using broth or bouillon, delete salt)
Rinse quinoa *well* in cool water, agitating and Draining, refill/repeat until water runs clear, drain*.

Add liquid and quinoa to a pan, cover and bring to boil. Reduce heat to low. Cook 15-20 minutes until the quinoa is tender and seeds have burst. Remove from heat and cool. Fluff with fork to separate grains.

For a nuttier flavor: Rinse quinoa as above and set aside. Heat about a tablespoon of oil in a medium-sized saucepan over moderate heat. Add quinoa, toasting for 3-4 minutes, shaking the skillet occasionally, until the seeds are light golden brown, dry and separated. Add cooking liquid (same quan.) and salt, cook as described. *Buying "pre-rinsed" quinoa eliminates this step. You may want to adjust amount of water to get a creamier or "chewier quinoa to suit your taste or the dish you are preparing.



Bellingham Gluten Information Group
www.GlutenFreeway.info

Quinoa Tabbouleh

This favorite Middle Eastern is typically served as a salad and is made with wheat bulgur. Using alternative non-gluten grains like quinoa makes this nutritious dish even more so!

Quinoa

Two cups of cooked quinoa, cooled.

Tabbouleh: below vegetables are optional, substitute or eliminate to suit your own tastes or availability. Other choices could include celery, carrots, cabbage, green peas, raw zucchini, etc.

1 cucumber, unpeeled but finely diced

3 green onions, thinly sliced

2 small bell peppers—red & yellow, seeded & finely diced —or can use one larger pepper

1 medium tomato, chopped finely

Combine above with cooled quinoa in a large serving bowl.

Dressing and Garnish

3 T fresh lemon juice

2 T extra virgin olive oil

1 T white wine vinegar or rice vinegar

1/4 tsp salt

Combine in a jar with lid. Shake well to blend. Pour dressing over quinoa-vegetable mixture and toss until all the ingredients are coated.

Cover the bowl and refrigerate 4 hours.

Remove from refrigerator and add—

1/2 C chopped fresh parsley

1/4 C chopped fresh mint

1/4 C crumbled feta cheese (optional)

Let stand at room temperature 20 minutes before serving.

Quick Substitutes: can use Balsamic or Italian prepared salad dressing (check labels for allergens)



Bellingham Gluten Information Group
www.GlutenFreeway.info

Quinoa with Black Bean, Corn and Cilantro

from about.com

A new twist on Spanish rice for taco night!

1 T olive oil + 2 Tbsp

3 green onions, chopped

3 cloves garlic, minced

1 cup quinoa

1 1/2 cups stock (meat/vegetable) or water

1/2 tsp cayenne pepper or chili powder (optional)

1 12-oz. can black beans, drained and rinsed

1 cup corn kernels

2 T chopped fresh cilantro

2 T fresh lime juice

sea salt or kosher salt and a bit of fresh cracked black pepper, to taste

In a large skillet, saute the garlic in one tablespoon of olive oil for 2-3 minutes, then add the green onions and heat for a minute or two.

Add quinoa, chili powder (or cayenne) and liquid. Cover, bring to a boil, then reduce heat to a simmer. Allow to cook for 15-20 minutes, until quinoa is cooked and can be fluffed with a fork. Stir in corn kernels and black beans, while still cooking to heat through.

Remove pan from heat and stir in the lime juice, two tablespoons of olive oil and season with sea salt or kosher salt and a bit of black pepper, combining well.

Add in fresh chopped cilantro just before serving. (optional). Can also add avocado or black olives. Makes four servings.

In a hurry? Use cooked quinoa, then add beans, corn and fresh salsa, instant dinner!

Breakfast: Quinoa with Fresh Fruit

Quinoa—cook 1/2 C of quinoa in 1 C water

Divide into two bowls and top with:

- 1/2 cup GF rolled oats
- 1/2 cup blueberries
- 2 TBS pumpkin seeds
- 2 TBS sliced almonds

If desired, pour 1/2 cup milk or dairy-free alternative and 1 tsp honey.

Note: use any of your favorite fruits in season. Experiment with different nuts and seeds. You can even use quinoa flakes instead of oats!!

Mexican Quinoa Burgers

Ingredients from www.cookingquinoa.net

1 medium onion, chopped
1 green or red pepper, chopped
4 cloves garlic, minced
1 ½ cups cooked black beans, drained and rinsed (1 can)
1 ½ cups cooked quinoa
½ cup cheddar or pepper jack cheese (or dairy free alternative)
2 tablespoons taco seasoning
1 teaspoon smoked paprika
2 tablespoons salsa
2 large eggs or flax eggs*, beaten
1 cup gluten free breadcrumbs
Coconut or Canola Oil, for cooking

Instructions

*If using flax eggs, combine 2 tablespoons ground flax seeds with 6 tablespoons warm water. Stir well and set aside. (Skip this step if you are using eggs.)

Spray a medium pan with olive oil and heat to medium. Add onion and pepper and cook for 10 to 12 minutes, until tender. Add garlic and cook for one more minute. Remove from heat and place in a large bowl.

In the bowl of a food processor, combine ¾ cup of the beans and ¾ cup of quinoa. Process until well blended. Add to the bowl with the onion mixture and stir in remaining beans and quinoa, cheese, taco seasoning, paprika and salsa. Mix until combined and add in (flax) eggs and breadcrumbs. Mix well and allow to sit for 5 minutes. Form into patties and place the patties in the refrigerator for 30 minutes. (optional - this helps them hold together better)

Heat oil to medium and cook until browned, flipping once.

Quinoa Brownies

from www.healthfulpursuit.com

I have always been intrigued by recipes that use cooked seeds/grain instead of flour— (kars)

Ingredients

½ cup raw uncooked quinoa
1 1/2 cup water
¾ cup coconut sugar (granulated works also)
½ cup cocoa powder
¼ cup non-dairy milk
2 large eggs* (can use “flax eggs”, see below)
2 tablespoons grape seed oil
1 ½ teaspoon gluten-free baking powder
1 teaspoon pure vanilla extract
Powdered sugar, for dusting (optional)

Instructions

Add quinoa and water to a small saucepan. Cover and bring to a boil. Reduce heat to low and simmer, covered, for 15 minutes. Remove from heat and let stand with lid on for 5 minutes. Fluff with fork, transfer to a bowl and allow to cool completely.

*If using flax eggs, combine 2 tablespoons ground flax seeds with 6 tablespoons warm water. Stir well and set aside.

Preheat oven to 350F and coat a 8×8 cake pan with a dab of coconut oil or other oil.

Place all ingredients, including cooked quinoa and flax eggs into the bowl of your food processor or high powered blender. Process until smooth, about 2 minutes. Pour into prepared pan.

Bake in center of oven for 38-40 minutes or until a toothpick inserted in the center comes out clean.

Remove brownies from the oven and place the pan on a cooling rack. Allow to cool completely before cutting into 16 squares and dusting with powdered sugar.

Popping Quinoa

Rinse about a 1/2 C of quinoa, drain well. Using a heavy bottomed pan with a lid, coat bottom lightly with oil. Heat pan. Add quinoa in a thin layer and stir until grain is dried. Place lid on pan and shake lightly for about a min. Sprinkle with salt or seasonings to taste. Delicious eaten immediately or add as topping.



Quinoa Salad with Artichokes and Parsley

from www.cookinglight.com

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped spring or sweet onion
- 1/2 teaspoon chopped fresh thyme
- 1 (9-ounce) package frozen artichoke hearts, thawed
- 1 cup fat-free, lower-sodium chicken broth
- 1/2 cup uncooked quinoa
- 1 cup chopped fresh parsley
- 5 teaspoons grated lemon rind
- 1 1/2 tablespoons fresh lemon juice

Preparation

Heat oil in a medium saucepan over medium-high heat. Add onion and thyme; sauté 5 minutes or until onion is tender. Add artichokes; sauté 2 minutes or until thoroughly heated. Add broth and quinoa; bring to a simmer. Cover and cook 18 minutes or until liquid is completely absorbed.

Remove pan from heat. Stir in parsley, rind and juice. Serve warm or at room temperature.

Helpful Recipe Links

- <http://www.cookingquinoa.net>
- <http://www.healthfulpursuit.com>
- <http://www.myrecipes.com>

Bellingham GIG-www.GlutenFreeway.info

Quinoa with Dried Cherries and Pistachios

from www.cookinglight.com

I am thinking that this would be a great stuffing to serve with a roasted chicken. Try experimenting with pecans instead of pistachios, maybe raisins or cranberries in place of cherries . . . (kars)

Ingredients

- 1 3/4 cups uncooked quinoa
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 3 tablespoons finely chopped shallots
- 2 cups water (bouillon or broth)
- 1/3 cup dry white wine
- 1/2 teaspoon salt (eliminate if using broth)
- 3 tablespoons fresh lemon juice
- 1/4 teaspoon freshly ground pepper
- 1/2 cup dried sweet cherries, chopped
- 1/2 cup dry-roasted pistachios, chopped
- 1/4 cup chopped fresh parsley

Preparation

Rinse and drain quinoa. Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan; sauté 2 minutes or until tender. Add 2 cups water, wine, and salt to pan; bring to a boil. Add quinoa; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove from heat; set aside, and cool slightly.

Combine remaining 2 tablespoons olive oil, lemon juice, and pepper in a large bowl; stir with a whisk. Add quinoa, cherries, and remaining ingredients; toss gently to combine.



Quinoa What?

Quinoa as a seed, can be stored for up to a year in a cool dark place in an airtight container (freezer is good).

Quinoa can also be found in other forms: ground into a flour, made into ready made products such as pasta, fresh raw grains, popped or puffed and flaked. Ready made products are also available.