

RECIPES FOR HEALTHY LIVING

QUINOA RECIPES

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QUINOA

Quinoa dates back three to four thousand years ago when the Incas first realized that the quinoa seed was fit for human consumption.

Here are seven health benefits of quinoa:

- 1. Quinoa is one of the most protein-rich foods we can eat.** It is a complete protein containing all nine essential amino acids.
- 2. Quinoa contains almost twice as much fiber as most other grains.** Fiber is most widely known to relieve constipation. It also helps to prevent heart disease by reducing high blood pressure and diabetes. Fiber lowers cholesterol and glucose levels, may lower your risk of developing hemorrhoids and may help you to lose weight as it takes a longer time to chew than does other foods because it makes you feel fuller for longer and is less “energy dense” which means it has fewer calories for the same volume of food.
- 3. Quinoa contains Iron.** Iron helps keep our red blood cells healthy and is the basis of hemoglobin formation. Iron carries oxygen from one cell to another and supplies oxygen to our muscles to aid in their contraction. Iron also increases brain function because the brain takes in about 20% of our blood oxygen. There are many benefits of iron some more of which include neurotransmitter synthesis, regulation of body temperature, aids enzyme activity and energy metabolism.
- 4. Quinoa contains lysine.** Lysine is mainly essential for tissue growth and repair.
- 5. Quinoa is rich in magnesium.** Magnesium helps to relax blood vessels and thereby to alleviate migraines. Magnesium also may reduce Type 2 diabetes by promoting healthy blood sugar control. Other health benefits of magnesium include transmission of nerve impulses, body temperature regulation, detoxification, energy production, and the formation of healthy bones and teeth.
- 6. Quinoa is high in Riboflavin (B2).** B2 improves energy metabolism within brain and muscle cells and is known to help create proper energy production in cells.
- 7. Quinoa has a high content of manganese.** Manganese is an antioxidant, which helps to prevent damage of mitochondria during energy production as well as to protect red blood cells and other cells from injury by free radicals.

Hearty Chicken Stew with Butternut Squash & Quinoa Recipe



Yield: Serves 6
Serving Size: About 1 2/3 cups
Calories per serving: 329 cal
Fat per serving: Total Fat 14.1g / Saturated Fat 1.0g
Cholesterol 15.2mg
Sodium 1209mg
Total Carbohydrates 32.8g
Fiber 5.4g
Sugars 3.0g
Protein 19.4g

Ingredients

- 1 1/2 lb. butternut squash, peeled, seeded & chopped into 1/2-inch pieces
- 3 1/2 cups chicken broth
- 1 1/2 lb. boneless, skinless chicken thighs
- 1 tbsp olive oil
- 1 medium yellow onion, finely chopped
- 1/2 tsp kosher salt
- 4 cloves garlic, minced
- 1 1/2 tsp dried oregano
- 1 can (14 oz) petite diced tomatoes
- 2/3 cup uncooked quinoa
- 3/4 cup pitted and quartered kalamata olives
- Freshly ground black pepper, to taste
- 1/4 cup minced fresh flat-leaf parsley

Instructions

1. Steam the butternut squash until barely tender, about 10 minutes. Remove half of the squash pieces and set aside.
2. Steam the remaining squash until very tender, an additional 4 to 6 minutes. Mash this squash with the back of a fork. Set aside.
3. In a large saucepan set over medium-high heat, bring the chicken broth to a simmer.
4. Add chicken thighs, cover, and cook until chicken is cooked through, about 15 minutes.
5. Transfer the chicken thighs to a plate and allow to cool. Pour broth into a medium-sized bowl.
6. Return the saucepan to the stovetop and lower heat to medium. Add olive oil.
7. Add onion and cook, stirring occasionally, until onion is starting to turn brown, 8 to 10 minutes.
8. Add the salt, minced garlic and oregano. Cook, stirring, for 1 additional minute.
9. To the saucepan, add tomatoes, butternut squash pieces, mashed butternut squash. Stir to combine.
10. Stir in reserved chicken broth and quinoa. Bring to a simmer, cover and cook until the quinoa turns translucent, about 15 minutes.
11. Shred the chicken with your fingers or a fork.
12. Stir the chicken, olives and pepper into the stew and simmer, uncovered, to heat, about 5 minutes.
13. Stir in parsley and serve.

main dish salad recipe **Green Brown Quinoa Lentil Salad**

Blissfully satisfying, nutritious side or



Green Brown Quinoa Lentil Salad: Side dish for four with bread or tortilla and hummus, or a meal for two happy people. It's also a great take along lunch.

With cooked quinoa and lentils on hand, this dish came together very quickly. We recommend cooking the lentils and quinoa the morning or night before you want to make the salad.

Total Prep Time: 30 minutes

Yield: 4 Servings

Nutrition Data, 177g Serving: 267 cal, 37g carb, 11g fat, 182mg sodium, 11g fiber, 9g protein, 7g sugars, low Cholesterol, good source Vit A, C, K, Folate, Manganese. Estimated glycemic load 16

Ingredients:

- **Dressing:**
 - 1 tsp lime zest
 - 1/4 cup fresh lime juice
 - 1 Tbsp olive oil, or more to taste
 - 1 tsp agave or maple syrup
 - 1 tsp dried basil leaf
 - 1 tsp Braggs liquid aminos or soy sauce
 - 1/4 tsp salt
 - 1 tsp fresh-ground black pepper
- **Salad:**
 - 2 cups cooked [quinoa](#)
 - 1 cup cooked and drained brown [lentils](#)
 - 1 cup chopped baby spinach
 - 1 cup shredded leaf lettuce
 - 1 cup cucumber, peeled and cubed
 - 1 cup avocado, cubed
 - 1/4 cup chopped parsley
 - 2 Tbsp pine nuts

Directions:

1. Mix the dressing and set aside
2. Mix together the quinoa and lentils in a bowl. Add the dressing
3. Wash, drain and chop the lettuce and spinach
4. Peel and slice the cucumber and avocado into cubes
5. Strip the leaves off the parsley, and chop coarsely
6. Add the veggies and pine nuts to the bowl, and mix gently

Warm Quinoa Salad with Edamame & Tarragon

From: EatingWell

Quinoa, a super food from South America, is packed with protein and fiber. Toasting it gives it a slightly nutty taste, a complement to the walnuts and a foil to the lemony tarragon dressing. Try this salad over greens of any sort: fresh arugula, Boston lettuce leaves or wilted spinach.



Servings: 4
servings, 1 1/2
cups each

Total: 25 mins
Prep: 25 mins

NUTRITION FACTS

Calories 404, Total Fat 18 g, Saturated Fat 1 g, Monounsaturated Fat 6 g, Sodium 645 mg, Carbohydrate 46 g, Fiber 16 g, Protein 17 g, Potassium 319 mg. Daily Values: Vitamin A 20%, Vitamin C 20%, Iron 25%. Exchanges: Starch 3, Lean Meat 1, Fat 3.

Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS

- 1 cup quinoa, (see Note)**
- 2 cups vegetable broth**
- 2 cups frozen shelled edamame, thawed (10 ounces)**
- 1 tablespoon freshly grated lemon zest**
- 2 tablespoons lemon juice**
- 2 tablespoons extra-virgin olive oil**
- 2 tablespoons chopped fresh tarragon or 2 teaspoons dried**
- 1/2 teaspoon salt**
- 1/2 cup drained and diced jarred roasted red peppers, (3 ounces)**
- 1/4 cup chopped walnuts, preferably toasted (see Cooking Tip)**

DIRECTIONS

- 1.** Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.
- 2.** Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary.
- 3.** Whisk lemon zest and juice, oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine. Divide among 4 plates and top with walnuts.

TIPS:

Note: Quinoa is a delicately flavored grain that was a staple in the ancient Incas' diet. It is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances its flavor and rinsing removes any residue of saponin, quinoa's natural, bitter protective covering.

Cooking Tip: To toast walnuts: Cook in a small dry [skillet](#) over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

MAKE AHEAD TIP: Prepare through Step 3. Cover and refrigerate for up to 2 days.

Quinoa with Latin Flavors

From: [EatingWell](#)

Cilantro, lime and scallions lend a bright finish to delicate quinoa. This versatile side pairs well with seafood, poultry or pork.



Servings: 6 servings, 2/3 cup each

Prep: 30 mins

Total: 45 mins

NUTRITION FACTS

Calories 181, Total Fat 6 g, Saturated Fat 1 g, Monounsaturated Fat 2 g, Cholesterol 1 mg, Sodium 196 mg, Carbohydrate 27 g, Fiber 3 g, Protein 7 g, Potassium 379 mg. Daily Values: Vitamin C 25%, Iron 20%. Exchanges: Starch 1.5, Fat 1.

Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS

- 1 cup quinoa, (see Note)
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 4-ounce can chopped green chiles
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 cup pepitas, toasted (see Note)
- 3/4 cup coarsely chopped fresh cilantro
- 1/2 cup chopped scallions
- 2 tablespoons lime juice
- 1/4 teaspoon salt

DIRECTIONS

1. Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes. Transfer to a fine sieve and rinse thoroughly.
2. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add chiles and garlic; cook, stirring, for 30 seconds. Add the quinoa and broth; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.
3. Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.

Tips:

Notes: Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating.

Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the health-food or bulk sections of many supermarkets.

To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Quinoa & Smoked Tofu Salad

From: EatingWell

We took the tangy fresh flavors of tabbouleh and paired them with smoky tofu and quinoa to create a main-dish salad that's perfect served on a bed of greens. This salad is jam-packed with heart-healthy ingredients - whole grains (quinoa), legumes (soy-based tofu) and plenty of vegetables.



Servings: 6
servings, about 1
1/3 cups each

Prep: 25 mins

Total: 35 mins

NUTRITION FACTS

Calories 228, Total Fat 10 g, Saturated Fat 1 g, Monounsaturated Fat 6 g, Sodium 376 mg, Carbohydrate 26 g, Fiber 4 g, Protein 9 g, Potassium 418 mg. Daily Values: Vitamin A 20%, Vitamin C 80%, Iron 25%.
Exchanges: Starch 1.5, Vegetable 1, Fat 1.5.

Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS

- 2 cups water
- 3/4 teaspoon salt , divided
- 1 cup quinoa, rinsed well (see Tip)
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 small cloves garlic, minced
- 1/4 teaspoon freshly ground pepper
- 1 6- or 8-ounce package baked smoked tofu, (see Tip), diced
- 1 small yellow bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh mint

DIRECTIONS

1. Bring water and 1/2 teaspoon salt to a boil in a medium saucepan. Add quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.
2. Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4 teaspoon salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.

Tips:

Tip: Quinoa is a delicately flavored, protein-rich grain. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Find it in natural-foods stores and the natural-foods sections of many supermarkets.

Precooked "baked tofu" is firmer than water-packed tofu and comes in a wide variety of flavors. You might also like flavored baked tofu on a sandwich or in a stir-fry.

MAKE AHEAD TIP: Store in an airtight container in the refrigerator for up to 1 day.

Blueberry Lemon Breakfast Quinoa



Prep Time: 5 Minutes

Cook Time: 25 Minutes

Ready In: 30 Minutes

Servings: 2

"Sweet blueberries and tart lemon pair well in this quinoa alternative to oatmeal for a warm breakfast cereal."

INGREDIENTS:

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|---------------------------|-----------------------|
| 1 cup quinoa | 1/2 lemon, zested |
| 2 cups nonfat milk | 1 cup blueberries |
| 1 pinch salt | 2 teaspoons flax seed |
| 3 tablespoons maple syrup | |

DIRECTIONS:

1. Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy.
2. Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes. Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes. Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture.
3. Divide quinoa mixture between 2 bowls; top each with 1 teaspoon flax seed to serve.

Chicken with Quinoa and Veggies



Prep Time: 30 Minutes

Cook Time: 25 Minutes

Ready In: 55 Minutes

Servings: 4

"Chicken breast meat, zucchini, tomato, fresh basil, and feta cheese make a delicious main dish when served over hot quinoa that's been simmered in chicken broth."

INGREDIENTS:

1 cup rinsed quinoa	2 tablespoons extra-virgin olive oil
2 cups chicken broth	1 zucchini, diced
2 tablespoons extra-virgin olive oil	1 tomato, diced
2 garlic scapes, chopped	4 ounces crumbled feta cheese
1 small onion, chopped	8 fresh basil leaves
2 skinless, boneless chicken breast halves – cut into strips	1 tablespoon lime juice

DIRECTIONS:

1. Bring the quinoa and chicken broth to a boil in a saucepan; reduce heat to a simmer and cover the pan. Simmer until the broth is absorbed, the quinoa is fluffy, and the white line is visible in the grain, about 12 minutes.
2. Heat 2 tablespoons of olive oil in a skillet; cook and stir the garlic scapes and onion until onion is translucent, about 5 minutes. Stir in the chicken breast strips and cook until the chicken is still slightly pink in the middle, about 5 more minutes. Remove the chicken meat and set aside. Pour 2 more tablespoons of olive oil in the skillet and cook and stir the zucchini and tomato until the zucchini is tender, 5 to 8 minutes. Return chicken to skillet and sprinkle with feta cheese, basil leaves, and lime juice. Cook until the chicken is fully cooked and hot, about 10 more minutes. Serve over hot quinoa.