



HEALTHFUL RECIPES FROM LINDA CITRON

APRIL 2014: QUINOA

Uses: When quinoa is cooked, the outer germ surrounding the seed breaks open to form a slightly crunchy coil while the inner grain becomes soft and translucent. It's a delicious double texture with a mild flavor and tons of versatility; as a substitute for brown rice, quinoa has more than twice the protein. Quinoa can be reheated with a splash of rice or almond milk for breakfast porridge; add fruit, nuts and cinnamon for a sweet treat. For a quinoa salad, add finely chopped raw vegetables and dressing, or add chopped cooked root vegetables for a warm side dish. Store dry, uncooked quinoa in a cool, dry, dark place in a tightly closed glass jar for up to one year. Cook a lot at one time and eat it many ways all week!

Preparation: Before cooking, quinoa must be rinsed to remove the naturally occurring bitter coating, called saponin. Saponin, when removed from quinoa, produces a soapy solution in water. Quinoa is rinsed before it is packaged and sold, but it is best to rinse again at home before cooking. Place quinoa in a grain strainer or flour sifter and rinse thoroughly with water.



Quinoa Salad

2 cups of water (or low sodium chicken or veggie broth)

1/2 tsp. salt

1 cup quinoa, cooked

1/4 cup lemon juice

3 Tbsp. olive oil

2 cloves of garlic, minced

1/4 tsp each, salt and pepper

1 yellow pepper, diced

1 cup grape tomatoes, halved

1 cup diced cucumber

1/2 cup chopped parsley

1/2 cup chopped mint

Directions: Pour cooked quinoa into a large bowl and cool for 15 minutes. In a small bowl, whisk together lemon juice, oil, garlic, salt, and pepper. Add to cooled quinoa. Mix in remaining ingredients, toss well to combine.

Quinoa Breakfast Porridge

Ingredients

1 2/3 cups water

1 cup quinoa

2 Tbsp unsweetened almond milk (or to consistency)

1/4 frozen berries

1/4 tsp cinnamon

Directions:

Prepare quinoa according to package directions or follow these instructions: wash, rinse and drain quinoa, and place in a 2-quart pot (or rice cooker). Add water. Bring to a boil, lower heat and simmer with lid on until all water is absorbed (about 15 minutes).

Don't stir the grain while it is cooking. Test for doneness by tilting the pan to one side, making sure all of the water has been absorbed. Remove lid and let rest 5 to 10 minutes. When quinoa is ready, fluff with a fork and add almond milk; stir gently. Mix in berries, then sprinkle with cinnamon and serve.



Mediterranean Quinoa

2 cups low sodium chicken broth or veggie broth

1 cup quinoa

6 baby artichokes in water, coarsely chopped

2 T sundried tomatoes cut i to small pieces

10 Kalamata olives, sliced

1 large handful basil, rinsed and thinly sliced

1 can chickpeas/garbanzo beans, rinsed & drained

2 T extra virgin olive oil

2 T rice wine vinegar

Directions: Combine cooked and cooled quinoa with baby artichokes, sun dried tomatoes, olives and garbanzo beans in a large bowl. Add basil, olive oil and rice wine vinegar and stir gently to combine. Store in the fridge for lunches all week.