

Quinoa Recipes

This light and wholesome grain may be prepared quickly and easily with this basic method.

2 cups water 1 cup quinoa

Place quinoa and water in a 1-½ quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes).

You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Makes 3 cups.

To prepare in a **rice cooker**, simply treat quinoa like rice. Add two parts water to one part quinoa, stir, cover (unlike rice you can stir quinoa a few times while cooking to prevent burning in the bottom of the pan) and when the cooker shuts off, the quinoa is done.

Revised Microwave Instructions: Submitted by Donovan, we have tried this method and highly recommend it. 1 cup Quinoa, 2 cups water in a 2 quart microwave bowl. Cook on high 100% for 5 minutes and 60% for 8 minutes. Let stand for a few minutes and voila, perfect Quinoa.

For an **energy saving method**, combine 1-cup water to each ½ cup of quinoa in a pan. Bring to a full boil for 5 minutes, and then set aside, covered for 15 minutes.

For additional flavor, substitute chicken broth or vegetable stock for the water in any of the methods listed above.

Hot Breakfast Cereal Bring 2 cups water to a boil, add 1 cup quinoa, reduce heat, simmer 5 minutes. Add ½ cup thinly sliced apples, ⅓ cup raisins, ½ tsp cinnamon and simmer until water is absorbed. Serve with milk or cream and sweeten to taste with honey or brown sugar.

QUINOA PILAF

1/2 cup carrot, diced	1/4 cup celery, diced	1/4 cup sweet red pepper, diced
6 cups quinoa, cooked (basic recipe)	2 cloves garlic, crushed	1/4 tsp oregano
1/2 cup green onion, diced	1/4 cup green pepper, diced	salt to taste
1/4 cup olive oil	1 cup almonds, sliced	

Sauté chopped vegetables in olive oil until clear, yet crisp: stir in oregano. Add sautéed vegetables to cooked, hot quinoa, mixing well. Add salt to taste. Dry-roast almonds in heavy skillet until lightly golden. Add almonds and mix. Serves 6-8. Quinoa pilaf served as a side dish with fish or chicken is delicious. Vary the pilaf using your favorite vegetables, or by cooking the quinoa in chicken, fish or vegetable stock instead of water.

TABOULI

Tabouli, a mid-eastern salad, try it with quinoa for a delightful new taste.

2 cups quinoa, cooked	1/2 cup chopped scallions	salt and pepper to taste
1/2 tsp basil	1/4 cup olive oil	1 garlic clove, pressed
1 cup chopped parsley	2 TBL fresh mint or 1 TBL dried mint	lettuce leaves, whole
1/2 cup lemon juice		1/4 cup olives, sliced

Place all ingredients except lettuce and olives in a mixing bowl and toss together lightly. Chill for 1 hour or more to allow flavors to blend. Wash and dry lettuce leaves and use them to line a salad bowl. Add tabouli and garnish with olives. Serves 4

Quinoa Stir Fry (for hungry family of 4)

2 cups quinoa cooked in 4 cups water	3 garlic cloves, chopped
2-3 stalks broccoli, chopped	1 Tablespoon grated ginger
1 cup snow peas	2-3 Tablespoons sesame oil
3 spring onions, chopped	

20-24 steamed shrimp Stir fry veggies in 2-3 Tablespoons sesame oil til tender. Add 1 Tablespoon maple syrup after veggies are done. Add 20-24 steamed shrimp and stir in, if desired. Add soy sauce to taste.

LASAGNEQUINOA

1 can peeled tomatoes or 4 roma tomatoes, chopped	1/4 cup olive oil
1 lb hamburger or veggie burger	1 tsp salt
2-8 oz cans tomato sauce	2 tsp oregano
3 cups quinoa, cooked	1 cup onion, minced
1/4 lb mozzarella cheese, crumbled	1/2 lb ricotta cheese
1/4 lb parmesan cheese, grated	2 cloves garlic, minced

Sauté onion and garlic in olive oil until browned. Add hamburger, cook until browned. Add tomato sauce, tomatoes, salt and oregano. Simmer. Preheat oven to 350 degrees. Put layer of this sauce in bottom of 13x9x2-1/2" baking dish, following with layer of quinoa and layer of cheese. Repeat two more layers ending with sauce an extra Parmesan cheese on top. Bake about 35 minutes. Serves 6-8

Quinoa Salad

5 cups quinoa, cooked (basic recipe)	½ cup lemon juice
¼ cup olive oil	1-cup sunflower seeds
1-cup carrots, chopped	tomatoes
¼ cup soy sauce	4 cloves garlic, minced
¾ cup parsley, minced	

Cook quinoa, let cool. Add carrots, parsley, sunflower seeds and garlic to quinoa. Mix thoroughly. Combine liquids, pour over quinoa and toss well. Garnish with tomato wedges and olives. Serves 6-8.

Chicken Quinoa Salad

2 cups cooked chicken, cubed	1-cup celery, diced
1-cup mayonnaise	paprika ¼ cup
1-cup quinoa, cooked (basic recipe)	walnuts, chopped
salt (to taste)	

Chill all ingredients and combine. Sprinkle paprika on top for color. Serves 4-6. All sorts of variations are possible with this basic recipe. Try bean sprouts and water chestnuts, or grapes and pineapple. Quinoa will enhance many other salad recipes. Try quinoa in fruit salad or tuna salad.

RED QUINOA SALSA

1 cup red quinoa	Jalapeño pepper to taste, chopped
2 cups water or broth	1 large ripe tomato, chopped
Cilantro to taste, chopped	1 small red onion, chopped

Add quinoa to 2 cups of water. Cover and simmer 10-15 minutes, until all the water is absorbed. Let cool to room temperature. Mix all ingredients together. Chill at least 30 minutes to allow flavors to blend.