



Quinoa

Quinoa (pronounced keen-wa), is an ancient “super grain” with great versatility. Eat it as a hot cereal for breakfast, in a salad for lunch or as a side dish with dinner. Quinoa’s light, fluffy, slightly crunchy texture and delicate nutty flavor provides a tasty alternative to traditional grains. Use it instead of oatmeal, rice, couscous or in almost any whole grain recipe. Cook quinoa like rice, with 1 part quinoa to 2 parts liquid (water, broth or milk) for about 20 minutes. If it’s not pre-rinsed, soak it in water and rub between your hands to remove the bitter-tasting, toxic coating before cooking.

Nearly a complete protein, high in fiber and iron, and gluten-free, quinoa especially appeals to vegans, vegetarians and people with celiac disease or wheat allergies. While quinoa’s nutrient profile is similar to grains, it is technically a seed, commonly called a pseudo cereal. Native to the Andes Mountains, the quinoa seeds grow on a plume-shaped stalk on a tall broad-leafed plant and are typically pale yellow, but can also range

from pink to red to dark brown. The seed's toxic coating, saponin, serves as a natural pesticide, making it easier to grow organically.

Revered by the Incas as the "mother grain" due to its nourishing qualities, it was a staple of South American diets for thousands of years. When the Spaniards invaded South America, they took potatoes and corn back to their mainland, but abandoned quinoa: perhaps they failed to remove the toxic coating before eating it and rejected it for the saponin's bitter taste. With renewed interest in healthy foods, quinoa has been rediscovered by Europeans and Americans and has regained its status as a nutritious rich food.

Reference

Abugoch James, Lilian E. "Quinoa (*Chenopodium Quinoa* Willd.): Composition, Chemistry, Nutritional, and Functional Properties." *Advances in Food and Nutrition Research* 58 (2009): 1-31.

Photos

Quinoa crop and packaged quinoa. <<http://www.livinginperu.com/features-138-cuisine-quinoa-ancient-supergrain-future>> Accessed 8/5/2010.

Red quinoa. blairingmedia. Accessed 8/5/2010

Quinoa Salad

1 cup quinoa (uncooked)
2 cups chicken broth (or water)
Pinch of salt
1 cup feta or goat cheese
½ cup dried cranberries or cherries
½ cup chopped scallions (green onions)
½ cup pine nuts (toasted if desired)

If quinoa isn't pre-rinsed, remove the toxic outer coating by placing quinoa in a bowl of water and rubbing the seeds between your hands. Drain. Repeat until the water runs clear.

Place quinoa, chicken broth or water and a pinch of salt in a saucepan and bring to a boil. Cover and cook at a simmer for about 20 minutes. Or cook in a rice cooker.

Add ingredients to cooked quinoa and serve warm, room temp, or cold.

Makes 4 meal size servings, or 6-8 side servings.

Nutrient Analysis

430 calories

15.4 g protein

22.9 g fat

7 g saturated fat
44.7 g carbohydrates
4.8 g fiber

Peach Quinoa with Flax and Nuts

1 cup quinoa
2 cups plain soy milk (or rice milk or cow's milk)
1/4 teaspoon allspice
Pinch sea salt (optional)
2 medium peaches, peeled, pitted, and diced, or 1 ½ cups frozen peaches
2 tablespoons flaxseeds, ground
2 tablespoons chopped hazelnuts

If quinoa isn't pre-rinsed, remove the toxic outer coating by placing quinoa in a bowl of water and rubbing the seeds between your hands. Drain. Repeat until the water runs clear.

Place the quinoa, milk, allspice, salt (if using), and peaches in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 20 minutes until quinoa is tender (or cook in a rice cooker). Top with ground flaxseed and chopped hazelnuts.

Makes four ¾ cup servings

Nutrient Analysis

285 calories
12 g protein
9 g fat
41 g carbohydrates
5 g fiber

Source: The Ultrametabolism Prescription