

40 Top Quinoa Recipes for Weight Loss

By Jenny Allan



Smashwords Edition

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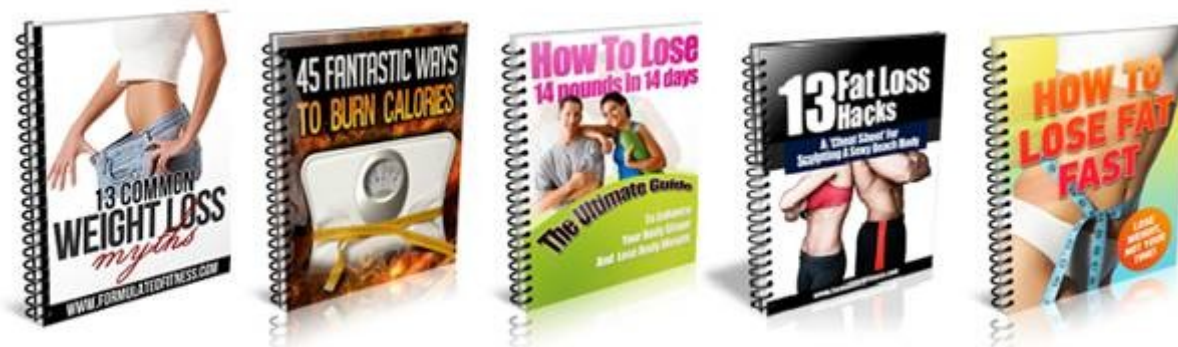
Wait! Before You Continue... Are You On A Diet or Want To Lose A Few Pounds?

If your answered YES you are not alone. Almost everyone wants to lose 10, 20 or 50 pounds. Unfortunately most of us have no idea how to do it. Yes dieting can work, but starving yourself just leads to frustration and failure.

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13 weight loss myths that will blow your mind.

45 smart, super-effective ways to burn of calories.

How to lose 14 pounds in 14 days and keep it off for good!

13 secrets, tricks and cheats that trigger fast fat loss almost instantly.

The ultimate guide to losing fat fast without losing your mind.

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Introduction

Quinoa is well known as a 'superfood'. Quinoa, pronounced "Keen-wah" is a tiny seed, low in calories and packed full of nutrients. It is beneficial for heart disease, diabetes, gluten intolerance and kidney disease. Quinoa is easy to prepare, versatile and easy to eat!

The only down side to quinoa is the protective substance the plant excretes to deter from being eaten. It is a bitter tasting substance which must be washed off first. Just fill a pot with cold water, 'wash' the quinoa in it, then tip into a sieve over the sink and repeat. Most retailers stock pre-rinsed quinoa, some will need to be rinsed well.

One cooked cup of quinoa has only 220 calories and a Glycaemic Index of 18. It is low in fat and high in fibre, making it a good carbohydrate choice for diabetics. Quinoa is a complete protein food, providing all the essential amino acids.

The range and level of essential vitamins and minerals in quinoa, is of interest to doctors. High in potassium and low in sodium, quinoa helps alleviate symptoms of heart and kidney disease. It is also great for anaemia, containing both iron and folate in large amounts. Quinoa contains no gluten and is a delicious meal choice for gluten intolerance and celiac disease.

Before you read any further, make sure that you watch the following video and discover how it's possible to still eat your favorite foods AND burn more calories at the same time.

It's really important that you watch this video as it has been proven that those who still eat the foods they love (in a healthy manner) are far more likely to succeed with their weight loss goals.

Important Video: How to eat what you love and burn calories:

<http://www.formulatedfitness.com/go/fatlossfactor>

Basic Quinoa

Serves: 2

Introduction:

1 cup quinoa

½ teaspoon salt

3 cups water

Method:

1. Rinse quinoa well
2. Put in a saucepan with water and salt
3. Bring to a boil then simmer about fifteen minutes
4. Quinoa is cooked when its color changes to clear

Cooking Tips:

Quinoa is cooked when it is soft but ‘pops’ when bitten.

Variation:

Can be eaten with a little butter stirred through but best added to a recipe

Salads

Spring Salad with microwaved Quinoa

Serves: 4

Ingredients:

1 tablespoon chopped cilantro

2 chopped spring onions

1 cup diced tomatoes

Pepper and salt to taste

Zest of 1 lime

¼ teaspoon garlic powder

¼ cup vegetable oil

2 tablespoons lime juice

1 teaspoon Dijon mustard

½ cup lentils

3 ¼ cups water

½ cup quinoa

Method:

1. Rinse and drain quinoa
2. Cook in 1 1/4 cups water in a covered microwave safe container for 9 minutes on HIGH
3. Leave for 2 minutes and mix with a fork. Quinoa should be cooked al dente
4. Rinse lentils and cook with 1 pint water in a saucepan. Simmer about half an hour
5. Strain off liquid and leave to cool
6. Whisk mustard and vinegar in a bowl
7. Add pepper, salt, zest, garlic and oil, mix well
8. Mix cilantro with spring onions, tomatoes, lentils and quinoa
9. Drizzle over dressing and serve

Cooking Tips:

Quinoa is al dente when soft enough to eat but not mushy

Lentils should be tender but not mushy

Variation:

Add some kalamata olives

Use minced garlic in place of powder.

Cook lentil and quinoa in half vegetable stock and half water

Rainbow Quinoa Salad**Serves:** 4**Ingredients:**

½ cup crumbled feta cheese

Pepper and salt to taste

1 cup chopped in half cherry tomatoes

1 diced red onion

1/3 cup chopped fresh cilantro

1/3 cup chopped fresh parsley

½ cup sliced kalamata olives

3 tablespoons olive oil

Lemon juice (one medium)

2 minced garlic cloves

¼ cup vinegar

1 ½ cups uncooked quinoa

2 cups vegetable broth

1 ½ cups water

Method:

1. Rinse and cook quinoa in water and broth in a saucepan for about twenty minutes
2. Stir frequently.
3. When tender, drain and leave to cool
4. Whisk olive oil, garlic, lemon juice and vinegar in a bowl
5. Mix quinoa with olives, herbs, onion and tomatoes
6. Drizzle dressing over salad.
7. Add pepper and salt

8. Stir through feta cheese

Cooking Tips:

Cook quinoa with lid on to get temperature up, then simmer with lid off

Variation:

Add diced bell pepper, snap peas or steamed broccoli

Omit feta cheese for vegan salad

Quinoa with Corn and Beans

Serves: 8

Ingredients:

½ teaspoon cumin

2 tablespoons olive oil

¼ cup fresh lime juice

¼ cup chopped cilantro

1 finely chopped jalapeno pepper

¼ cup minced red onion

1 cup cherry tomatoes, halved

15 ounce canned black beans

1 cup corn kernels

1 pint chicken broth

1 cup uncooked quinoa

Method:

1. Rinse quinoa and cook in saucepan with chicken broth
2. Drain and cool
3. Whisk cumin, oil and juice
4. Mix remaining ingredients in to quinoa
5. Stir dressing through and serve.

Cooking Tips:

Always rinse quinoa thoroughly to remove bitter taste

Variation:

Add chopped cooked chicken

Serve with grilled zucchini

Mediterranean Summer Salad

Serves: 5

Ingredients:

2 tablespoons lime juice

1 teaspoon oregano

Pepper to taste

½ teaspoon salt

3 tablespoons olive oil

¼ cup crumbled cheese

½ cup chopped red bell peppers

½ cup sliced kalamata olives

½ cup diced cucumbers

1 cup halved cherry tomatoes

2 cups cooked quinoa

Method:

1. Mix all ingredients together

2. Serve cold:

Cooking Tips:

Mix oil and juice before adding to salad

Variation:

Use lemon juice or vinegar in place of lime juice

Turkey salad with Quinoa

Serves: 4

Ingredients:

2 tsp olive oil

Juice from one lemon

2 cups cooked turkey, diced
7 oz. roasted red peppers, sliced julienne
8 oz. asparagus tips
1 cup uncooked quinoa, rinsed
2-3 cups Chicken broth

Method:

1. Rinse and cook quinoa in chicken broth, cool
2. Whisk together juice and oil
3. Cook asparagus in a steamer for three minutes then tip into a bowl of cold water, drain
4. Fold together turkey, peppers, asparagus and quinoa
5. Add dressing to salad and mix well
6. Cool and serve

Cooking Tips:

Whisk oil and juice just before stirring into salad

No chicken broth? For chicken flavour add cooked chicken skin and a little salt to quinoa cooking in water. Discard skin when quinoa is cooked.

Variation:

Use chicken in place of turkey

Top with grated cheese

Nutty Salad

Serves: 4

Ingredients:

2 sliced shallots
4 cups halved cherry tomatoes
2 cups quartered artichoke hearts
4 cups Belgian endive leaves
2 ½ cups vegetable broth
1 cup rinsed quinoa
1 cup toasted pecans

Method:

1. Cook quinoa in broth
2. Rinse in cold water and drain in a sieve
3. Arrange endive on plates
4. Stir remaining ingredients together
5. Serve with extra pecans for garnish

Cooking Tips:

Toast pecans by cooking them in a dry skillet over medium heat, stir to stop burning

Variation:

Drizzle with favorite dressing

Use walnuts or cashews in place of pecans

Summer Salad

Serves: 6-8

Ingredients:

- 4 cups cooked quinoa
- ½ cup chopped parsley
- ½ cup chopped red onion
- ½ cup pitted and sliced kalamata olives
- 1 cup chopped cucumber
- 2 chopped bell peppers
- ½ teaspoon salt
- 2 teaspoons freshly ground black pepper
- 2 cloves minced garlic
- 1 tablespoon olive oil
- ½ cup red wine vinegar

Method:

1. Put salt, pepper, garlic, oil and vinegar in a jar and shake well to combine
2. Mix remaining ingredients in a large bowl
3. Stir in dressing carefully, serve

Cooking Tips:

Chill quinoa about 30 minutes before mixing in to salad

Variation:

Add chickpeas

Add broccoli or cauliflower florets

Add feta cheese

Mushrooms and Red Quinoa Salad

Serves: 6

Ingredients:

Pepper and salt to taste

2 tablespoons chopped dill

Juice of ½ lemon

¼ cup vegetable oil

1 tablespoon minced onion

1 grated carrot

1 cup red quinoa

2 tablespoons butter

1 minced garlic clove

1 cup chopped mushrooms

1 pint mushroom broth

Method:

1. Rinse and cook quinoa in broth
2. Chill for 30 minutes
3. Lightly sauté mushrooms, garlic and onion in butter
4. Mix all ingredients together and serve

Cooking Tips:

Dish may also be served warm or room temperature

Variation:

Use as a filling for sandwiches

Use to stuff baked vegetables, add grated cheese

Use as a base for ‘patties’

Chili Quinoa Salad

Serves: 4

Ingredients:

Pepper and salt to taste

1 tablespoon fresh minced green chilis, deseeded

1 cup diced bell peppers

1 pint diced tomatoes

15 ounces cooked black beans

2 tablespoons minced scallions

2 tablespoons chopped cilantro

¼ teaspoon ground coriander

1/2 teaspoon ground cumin

1 tablespoon lime juice

1 tablespoon olive oil

1 cup water

1/3 cup quinoa

Method:

1. Rinse, and cook quinoa in water, cool
2. Mix quinoa with all other ingredients, combine well
3. Season to taste
4. Serve chilled

Cooking Tips:

Mix spices, juice and oil together before mixing into salad

Variation:

Use parsley or dill in place of cilantro

Use different beans

Carrot Salad

Serves: 8

Ingredients:

Sliced black olives

Cherry tomatoes

½ cup lemon juice

¼ tamari sauce

¼ cup olive oil

4 minced garlic cloves

1 cup sunflower seeds

¾ cup chopped parsley

1 cup shredded carrot

5 cups cooked quinoa

Method:

1. Stir garlic, seeds, parsley and carrots into cooked quinoa
2. In a jar, shake together oil, sauce and juice
3. Mix dressing in to salad
4. Serve with olives and tomatoes

Cooking Tips:

Cook 2 cups quinoa in 4 cups water or broth to get about 5 cups cooked quinoa

Variation:

Use half pumpkin seeds

Add diced celery and grated parmesan cheese

Autumn Salad

Serves: 4

Ingredients:

Juice of 1 lime

1 teaspoon lime zest

1 cup finely diced broccoli

½ cup chopped walnuts

1 large tomato sliced thinly

1/3 cup sliced scallions

1 cup uncooked quinoa

1 pint chicken broth

Method:

1. Rinse and cook quinoa in broth
2. Mix with broccoli, tomatoes, walnuts, zest and scallions
3. Blend in lime juice and serve

Cooking Tips:

Chill, covered in the refrigerator for up to three days

Variation:

Use lemon in place of lime

Berry Nice salad

Serves: 4

Ingredients:

½ cup blueberries

¼ cup cranberries

2 tablespoons olive oil

2 tablespoons lime juice

¼ cup chopped parsley

1 tablespoon chopped spring onion

1 cup cooked quinoa

¼ cup chopped onion

1 teaspoon vegetable oil

1/2 cup corn kernels

½ cup fresh peas

Method:

1. Saute onion in 1 tablespoon oil
2. Stir together parsley, onions, corn, quinoa

3. Mix 1 tablespoon oil with juice and stir into salad
4. Chill until ready to serve
5. Stir through berries

Cooking Tips:

Lightly cook corn and peas by steaming or simmering in minimal water for two minutes

Variation:

Add ½ cup shredded chicken

Replace berries with sultanas

Chiccolini Quinoa

Serves: 6

Ingredients:

1 tablespoon olive oil

Juice and zest of 1 lemon

Black pepper

Pinch salt

1 tablespoon fresh oregano

3 tablespoons parsley

1 cup cooked chickpeas

¼ cup rinsed capers

1 cup roasted peppers, chopped

6 ounces diced feta cheese

4 broccolinis

1 cup rinsed quinoa

Method:

1. Cook quinoa in pint of water
2. Steam chopped broccolini on top of quinoa for last five minutes of cooking
3. Stir in oregano, capers, chickpeas and red peppers
4. Season to taste
5. Stir in oil, zest and juice

6. Fold in parsley and feta

7. Chill and serve

Cooking Tips:

Make up to two days ahead and keep covered in plastic wrap in the refrigerator

Chill feta before dicing

Variation:

Use broccoli or cauliflower florets. ½ - 1 cup

Cook quinoa in broth

Add some chopped salami

Zucchini and Chickpea Salad

Servings: 8

Ingredients:

¼ cup chopped cilantro

¼ cup chicken broth

2 tablespoons olive oil

3 tablespoons lemon juice

1 clove minced garlic

15 oz. can chickpeas, drained and rinsed

1 lb. diced zucchini

2 teaspoons curry powder

1 pint water

1 cup uncooked quinoa

Method:

1. Rinse and cook quinoa in water

2. Saute zucchini with oil and curry powder, cool

3. Mix lemon juice, garlic and chickpeas in a bowl

4. Mix beans, zucchini, quinoa

5. Mix broth with oil and stir into salad

Cooking Tips:

Heat oil in pan and stir in curry powder before adding zucchini

Variation:

Add caramelized onions in place of chicken broth

Tuna Bean Salad

Serves: 6

Ingredients:

¼ cup chopped parsley

1 tablespoon lemon juice

2 tablespoons vinegar

1 tablespoon olive oil

10 oz. white tuna (tinned in water, drained)

15 oz. can kidney beans, drained

10 halved cherry tomatoes

½ cucumber, diced

¼ cup minced red onion

1 cup uncooked quinoa

2 ½ cups chicken broth

Method:

1. Rinse quinoa and cook in chicken broth
2. Fluff with a fork and leave to cool
3. Stir in tuna, beans, tomatoes, cucumber and onion
4. Blend lemon juice, vinegar, and oil, stir into salad
5. Stir in parsley, serve

Cooking Tips:

Put dressing ingredients in a jar with a lid and shake well

Variation:

Use black beans in place of kidney beans

Use vegetable broth in place of chicken

Side dishes

Traffic Light Quinoa

Serves: 6

Ingredients:

1 pint chicken broth

1 cup rinsed, uncooked quinoa

1 chopped celery stalk

½ red pepper, chopped

1 diced carrot

1 diced onion

1 tablespoon olive oil

Method:

1. Heat oil in a pan
2. Saute vegetables for five minutes
3. Stir in quinoa for two minutes
4. Stir in broth and simmer about fifteen minutes
5. Serve

Cooking Tips:

Quinoa is cooked when tender and liquid is absorbed

Variation:

Use buckwheat in place of quinoa

Curried Quinoa

Serves: 4

Ingredients:

1 cup roasted, salted cashews

1 pint vegetable broth

8 ounces diced tofu

2 cups shredded carrot

6 cups diced cauliflower
2 teaspoons grated fresh ginger
2 teaspoons minced garlic
1 diced onion
1 1/2 tablespoons mild curry powder
1 1/2 tablespoons vegetable oil
3/4 cup chopped cilantro
1 cup Greek-style yoghurt
1 teaspoon toasted cumin seeds
1 diced cucumber
12 ounces diced beans
1 cup rinsed quinoa

Method:

1. Cook quinoa in broth five minutes,
2. add beans and cook five minutes
3. Drain and leave to cool
4. Combine cumin seeds with half cilantro, half yoghurt and the cucumber
5. Heat oil in skillet
6. Stir in curry powder
7. Saute ginger, garlic and onion
8. Stir in tofu, carrots, cauliflower, two minutes
9. Stir in broth, simmer about five minutes
10. Stir in cilantro and yoghurt
11. Combine with quinoa
12. Serve with cashews

Cooking Tips:

Toast cumin seeds in a dry skillet about 2-3 minutes

Sprinkle a little salt on cucumber and leave about five minutes to drain before adding to dish, to reduce cucumber juice.

Variation:

Serve with mango chutney and naan bread

Add 1 cup sultanas

Roasted Almond Quinoa

Serves: 6

Ingredients:

Pepper and salt to taste

1/2 teaspoon oregano

1 cup sliced almonds

3 minced garlic cloves

¼ cup butter

6 cups cooked quinoa

½ cup diced peppers

1/2 cup diced celery

1 diced onion

½ cup finely diced carrot

Method:

1. Dry roast almonds in a skillet, set aside
2. Melt butter in skillet
3. Saute vegetables
4. Stir in salt and oregano
5. Stir in hot quinoa
6. Stir in almonds and serve

Cooking Tips:

Cook 1 1/2 cups rinsed quinoa in 1 1/2 pints broth to get 6 cups cooked quinoa

Variation:

Use cashews or walnuts in place of almonds

Mint Tabouli

Serves: 4-6

Ingredients:

Salt to taste

1 cup chopped spring onions

1 ½ cups chopped parsley

2 tablespoons chopped mint

3 finely diced tomatoes

1/3 cup olive oil

1 cup rinsed uncooked quinoa

½ cup fresh lemon juice

1 pint water

Method:

1. Cook quinoa in water and set aside
2. Mix onion, parsley, tomatoes,
3. stir in mint, oil and lemon juice
4. stir in quinoa and salt
5. Thoroughly combine
6. Cover and chill in refrigerator 24 hours to marinate
7. Serve at room temperature

Cooking Tips:

Remove tabouli from refrigerator 1-2 hours before serving

Variation:

Add cucumber, cilantro, pine nuts and garlic

Add crumbled feta cheese and sliced olives

Add sultanas and walnuts

Basil Quinoa

Serves: 6

Ingredients:

Zest and juice of 1 lemon

2 tablespoons oil

1 diced onion

½ cup diced roasted red peppers
½ cup chopped sun-dried tomatoes
½ cup diced feta cheese
1 cup corn kernels
½ cup sliced black olives
½ cup chopped spring onions
1 ½ cups chopped basil leaves
Salt
1 ½ cups rinsed quinoa
3 cups vegetable broth

Method:

1. Cook quinoa in broth
2. Add corn for last two minutes
3. Drain and leave to cool
4. Stir in remaining ingredients
5. Season to taste and serve

Cooking Tips:

Mix oil and juice together before stirring in to quinoa

Variation:

Use as filling in baked potatoes

Omit olives, lemon and oil and layer quinoa between minced beef cooked in tomato sauce and slices of cheese and bake to make a quinoa lasagne

Potatoes and Spinach Quinoa

Serves: 4

Ingredients:

1 diced hard-boiled egg
Black pepper
¼ cup chopped fresh cilantro
1 teaspoon salt
1 teaspoon cumin

2 minced garlic cloves
2 tablespoons olive oil
4 ounces diced feta cheese
3 cups chopped spinach
6 chopped spring onions
8 ounces diced potatoes
1 chopped jalapeno pepper
¾ cup rinsed quinoa

Method:

1. Cook quinoa in 1 ½ cups water
2. Drain off liquid into a jug, add enough water to make 3 pints
3. Leave quinoa to one side
4. Heat oil and stir in salt, cumin, jalapeno and garlic 1 minute
5. Stir in potatoes and half spring onions, 1 minute
6. Add quinoa liquid and simmer
7. When potatoes are tender, add half spring onions, spinach and quinoa and simmer three minutes
8. Remove from heat and stir in cilantro and feta
9. Season to taste
10. Serve with chopped egg garnish

Cooking Tips:

When preparing potatoes ahead of time, keep covered in cold water until needed, as potatoes oxidise (turn black) and become poisonous.

Variation:

Add some chopped mushrooms and cook quinoa in mushroom broth

Use kale, cabbage or Swiss chard in place of spinach

Stuffed Onions and Nut Sauce

Serves: 12

Ingredients:

1 tablespoon vinegar
1 tablespoon soy sauce

1 cup roasted walnuts
½ cup roasted pecans
½ cup cooked chickpeas
2 tablespoons oil
½ cup diced celery
½ cup diced mushrooms
3 minced garlic cloves
1 cup vegetable broth
½ cup rinsed quinoa
12 peeled onions, medium

Method:

1. Take tops off onions and hollow out to form a cup
2. Steam onions, keep cooking liquid (¾ cup)
3. Cook quinoa in broth
4. Leave to cool ten minutes
5. Dice onion removed from centres,
6. Heat oil in skillet,
7. Stir in celery, mushrooms, garlic and onions
8. Cook about ten minutes
9. Stir in chickpeas and quinoa and cook five minutes
10. Spoon filling in to onions, serve extra filling on the side
11. Blend vinegar, sauce and nuts
12. Blend in quinoa liquid and heat in a pan
13. Pour nut sauce over onions and serve

Cooking Tips:

Toast nuts in a dry skillet, stir to prevent burning

Variation:

Add grated parmesan cheese to filling

Stuff potatoes, pumpkin or marrow this way

Mushroom and Sausage Quinoa

Serves: 6

Ingredients:

Pepper and salt

1 tablespoon thyme

2 tablespoons fresh chopped sage

1 jar rinsed and drained, chopped, chestnuts

8 ounces chopped mushrooms

3 Italian sausages, casing removed

2 tablespoons vegetable oil

2 pints chicken broth

2 cups rinsed quinoa

Method:

1. Cook quinoa in broth
2. Saute sausage meat in oil, remove to paper towel lined plate
3. Saute herbs, chestnuts and mushrooms
4. Season to taste
5. Stir in quinoa and serve

Cooking Tips:

Break up sausage meat in to smaller pieces with spoon while cooking

Variation:

Use mince, chicken or salami in place of sausage

Saute in butter

Main Dishes

Quinoa with Black Beans in Sauce

Serves: 2

Ingredients:

1 ½ cups cooked Black Beans

¼ cup grated parmesan cheese

½ avocado

¼ cup chopped spring onions

1 tomato

1 cup vegetable broth

½ cup quinoa

Pepper and salt

Method:

1. Simmer quinoa in broth
2. Heat up beans and stir into quinoa
3. Dice avocado and tomato
4. Stir avocado, onions, and tomato in to quinoa
5. Sprinkle parmesan on top
6. Season to taste with pepper and salt

Cooking Tips:

Eat this recipe straight away as avocado does not store well

Variation:

Add kalamata olives and crumbled feta cheese

Drizzle over a lemon juice/ olive oil dressing

Quinoa “Risotto”

Serves: 6

Ingredients:

¼ cup pine nuts

1 teaspoon black pepper
1 teaspoon fresh thyme
¼ cup fresh cilantro
½ cup chopped celery
1 tablespoon tomato paste
2 cups chopped kale
½ cup shredded carrot
¼ teaspoon salt
1 pint chicken broth
1 cup quinoa
5 garlic cloves
½ cup diced onions
1 tablespoon olive oil

Method:

1. Rinse quinoa thoroughly
2. Heat a large skillet
3. Stir quinoa about ten minutes, until toasted, tip quinoa in to a dish
4. Briefly toast pine nuts and tip into another dish
5. Heat oil in skillet
6. Lightly brown garlic and onions
7. Stir in quinoa
8. Stir in broth, herbs, pepper, salt, kale, carrot, tomato paste
9. Simmer about ten minutes
10. Stir in celery and simmer about 5 minutes
11. Stir in toasted pine nuts and serve

Cooking Tips:

Pine nuts burn easily so toast over med-low heat and stir constantly, remove as soon as toasted to prevent burning

Variation:

Use pumpkin or sunflower seeds in place of pine nuts
Use cabbage, broccoli or cauliflower in place of kale

Almond and Chickpea Quinoa

Serves: 4

Ingredients:

2 ounces chopped sun-dried tomatoes

2 cups sliced almonds

1 ½ cups cooked chickpeas

2 tablespoons olive oil

½ teaspoon salt

1 teaspoon chopped fresh rosemary

4 chopped garlic cloves

2 cups quinoa

2 pints water

Method:

1. Cook quinoa in water
2. Heat oven to 400F
3. In a baking tray, mix rosemary, salt, garlic, chickpeas and olive oil
4. Remove when chickpeas start to crisp
5. Toast almonds in a dry skillet
6. Stir all ingredients together and serve

Cooking Tips:

When toasting the chickpeas use grill and bake together if possible, observe/stir frequently to prevent burning

Variation:

Add ¼ cup toasted sesame seeds

Use pine nuts in place of almonds

Spinach and Tofu Quinoa

Serves: 2

Ingredients:

1 cup shredded spinach

1 tablespoon olive oil

8 ounces tofu

1/3 cup basil pesto

½ - 1 ounce pumpkin seeds

½ cup corn kernels

1 tablespoon minced shallots

4 ounces cherry tomatoes

½ cup quinoa, rinsed

Method:

1. medium-high, heat oil in a skillet
2. brown shallots
3. Add corn and quinoa, stir to brown
4. Stir in spinach, then tofu, two minutes
5. Remove from heat and stir in pumpkin seeds and pesto
6. Mix well
7. Serve topped with cherry tomatoes

Cooking Tips:

Store leftovers in an airtight container in the refrigerator up to three days

Variation:

Sprinkle with parmesan cheese and chopped fresh parsley or cilantro

Replace tofu with shredded chicken

Spinach and Feta Quinoa

Serves: 4

Ingredients:

2 ounces feta cheese

2 cups shredded spinach

4 cloves minced garlic

1 tablespoon olive oil

1 cup quinoa

1 pint water

Method:

1. Rinse quinoa well and cook in water
2. Medium, heat oil in a skillet
3. Lightly brown garlic
4. Add spinach and cooked quinoa, stir
5. Stir in feta
6. Serve

Cooking Tips:

Add salt and herbs to quinoa cooking water to give extra taste

Variation:

Cook quinoa in broth

Add shredded chicken or kalamata olives

Use broccoli or Swiss chard in place of spinach

Almond and Pea Quinoa

Serves: 6

Ingredients:

1 ½ pints water

1 ½ cups quinoa

1/3 cup toasted sliced almonds

Salt

2 tablespoons butter

1 ½ cups fresh peas

2 teaspoons fresh chopped herbs (rosemary, thyme, oregano..)

3 thinly sliced scallions

Method:

1. Boil water in saucepan
2. Stir in herbs, scallions and rinsed quinoa
3. Cook

4. Stir in butter, peas and salt to taste

5. Serve with almonds on top

Cooking Tips:

Lightly sauté scallions in butter before simmering with quinoa

Steam peas before stirring in to quinoa

Variation:

Use onions or shallots in place of scallions

Use corn in place of peas

Cook quinoa in vegetable or chicken broth

Pumpkin Quinoa

Serves: 4

Ingredients:

2 tablespoons fresh chopped chives

½ teaspoon salt

1 cup quinoa

1 ½ cups chicken broth

½ cup water

1 minced garlic clove

1 ½ teaspoons finely chopped jalapeno peppers

½ cup finely chopped onion

½ cup finely chopped bell pepper

1 cup coarsely chopped squash pumpkin

1 tablespoon olive oil

Method:

1. Medium-high, heat oil in pan

2. Saute pumpkin, garlic, peppers and onion

3. Stir in salt, quinoa, broth, water and simmer

4. Serve sprinkled with chives

Cooking Tips:

Bring quinoa and pumpkin mix to a boil by covering with a lid, then remove lid and reduce temperature to low-med to keep mixture simmering. Stir occasionally to prevent burning

Variation:

Add a little ground mixed spice, ginger and nutmeg

Add a little curry, brown sugar and serve with sour cream

In place of broth, use water with a little turmeric, sage, cumin, red pepper flakes

Chickpea Quinoa

Serves: 8

Ingredients:

Pepper and salt to taste

¼ cup chopped parsley

1 cup cooked chickpeas

2 tablespoons olive oil

2 pints vegetable stock

2 cups quinoa

Method:

1. Rinse and cook quinoa in vegetable stock
2. Fold in remaining ingredients

Cooking Tips:

Toast quinoa briefly in oil before adding vegetable broth to add extra depth of flavour

Variation:

Add 2 tablespoons toasted sesame seeds and some garlic

Spicy Quinoa Pilaf

Serves: 4

Ingredients:

Pepper

¼ cup chopped parsley

1 pint boiling water

½ teaspoon salt

¼ teaspoon ground ginger
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon ground turmeric
½ teaspoon fresh thyme
1 bay leaf
1 minced garlic clove
2 tablespoons vegetable oil
½ cup raw cashews
½ cup diced red pepper
1 cup diced celery
1 cup rinsed quinoa

Method:

1. Heat a large saucepan
2. Add oil
3. Saute cashews, peppers, celery, garlic,
4. Stir in spices and thyme (not parsley)
5. Stir in quinoa
6. Stir in water and simmer until quinoa is tender
7. Cool
8. Stir in parsley and season to taste
9. Serve

Cooking Tips:

Taste after cooking and adjust spices to taste

Variation:

Add ½ - 1 cup shredded cabbage, ½ cup shredded carrot

Add shredded chicken

Add some beef mince

Cranny Quinoa

Serves: 4

Ingredients:

1 tablespoon butter

½ cup sliced hazelnuts

½ teaspoon fresh ground black pepper

½ teaspoon salt

½ cup dried cranberries

1 teaspoon ground cinnamon

1 bay leaf

1 pint chicken broth

1 cup rinsed quinoa

1 diced onion

1 tablespoon olive oil

Method:

1. Heat a saucepan
2. Add oil, salt and onion
3. Stir in quinoa to brown
4. Add broth and bring to a simmer
5. Stir in remaining ingredients except butter and nuts
6. Cook until quinoa is tender
7. Stir in butter and nuts
8. Leave 5 minutes then serve

Cooking Tips:

Rinse quinoa well or use a brand that is pre-rinsed

Variations:

Use sultanas and cashews, add a little curry powder

Sweet and Sour Quinoa

Serves: 4

Ingredients:

3 ounces feta cheese
2 tablespoons olive oil
Pepper and salt to taste
2 tablespoons chopped parsley
¼ cup toasted nuts
Juice and zest of 1 lemon
2 cups chopped fresh spinach
1 pint water
2 tablespoons raisins
2 tablespoons currants
1 cup rinsed quinoa
2 minced garlic cloves
½ red onion, minced

Method:

1. Heat 1 tablespoon oil in a saucepan
2. Saute garlic and onion
3. Stir in quinoa, two minutes
4. Add water, currants and raisins, simmer until quinoa is tender
5. Stir in spinach, cook 2 minutes
6. Cool
7. Stir in parsley, nuts, lemon juice and zest
8. Season to taste
9. Stir in remaining oil
10. Serve with crumbled feta

Cooking Tips:

Use 1 cup frozen and thawed spinach or 1 cup wilted spinach

Variation:

Use lime in place of lemon

Use kale, cabbage or Swiss chard in place of spinach

Cranny Chicken Quinoa

Serves: 4

Ingredients:

4 cups salad greens

1/2 cup olive oil

1 teaspoon salt

1/2 teaspoon ground cumin

1 teaspoon honey

1/4 cup fresh lime juice

1/4 cup fresh chopped parsley

1/4 cup chopped scallions

1/4 cup chopped mint

1/2 cup diced carrots

1/4 cup chopped almonds

1/4 cup dried cranberries

8 ounces cooked and shredded chicken breast

2 cups cooked quinoa (chilled)

Method:

1. Mix together quinoa, cranberries, almonds, carrots, mint, scallions and parsley
2. Shake together in a jar, 2 tablespoons oil, salt, cumin, honey and lime juice
3. Stir dressing in to salad
4. Season to taste
5. Combine remaining oil with salad greens
6. Arrange salad greens on plate, quinoa and shredded chicken on top

Cooking Tips:

Use 1/2 cup quinoa with 1 cup water to make two cups cooked quinoa

Variation:

Use agave nectar in place of honey

Use cilantro in place of parsley

Omit oil in salad greens

Mexican Quinoa Casserole

Serves: 6

Ingredients:

1 cup shredded Monterrey Jack cheese
8 ounces canned whole green chili
Pepper and salt to taste
1 tablespoon balsamic vinegar
2 tablespoons cilantro, chopped
½ cup spring onions, chopped
1 ½ cups chicken broth
2 tablespoons sun-dried tomatoes, chopped
1 cup rinsed quinoa
vegetable oil
2/3 cup pine nuts

Method:

1. Roast pine nuts in a skillet with a little oil until golden brown, set aside
2. Brown quinoa in skillet with a little oil
3. Stir until fragrant, about two minutes
4. Add broth and tomatoes, simmer, stir until quinoa is cooked, about ten minutes
5. Take off stove,
6. Stir in cilantro, spring onions, nuts
7. Season to taste
8. Cover and leave to sit five minutes
9. Preheat oven to 375F
10. Sprinkle with chilis and cheese
11. Bake about 25 minutes, or until hot and toasted

Cooking Tips:

Deseed chilis before cutting, seeds are too hot to eat
Wash hands after handling chili's as the juice burns

Variation:

Add 1-2 cups finely chopped vegetables

Stir in a few whisked eggs and a teaspoon corn starch

Carrot Zucchini Quinoa**Serves:** 4**Ingredients:**

Pepper and salt

½ teaspoon nutmeg

1 pint carrot juice

½ cup diced zucchini

½ cup diced celery

½ cup diced onion

Olive oil

1 cup rinsed quinoa

Method:

1. Toast quinoa over medium heat in a dry skillet
2. Stir about five minutes, turn in to a dish
3. Add oil to saucepan
4. Saute zucchini, celery, onion, five minutes
5. Stir in juice, simmer
6. Stir in nutmeg, quinoa, simmer until quinoa is tender
7. Season to taste

Cooking Tips:

Use bottled carrot juice, or tomato juice

Variation:

Use peas in place of zucchini

Add fresh herbs

Desserts

Berry Sweet Quinoa

Serves: 4

Ingredients:

4 teaspoons honey

1/3 cup pecan nuts

½ teaspoon ground cinnamon

2 cups frozen berries

1 cup quinoa

1 cup water

1 cup milk

Method:

1. Cook quinoa in milk and water
2. Leave to cool five minutes
3. Stir in cinnamon and berries
4. Serve and top with pecans and honey

Cooking Tips:

Stir in extra honey with the cinnamon and berries, to taste

Variation:

Use pureed apple and add ¼ teaspoon ground cloves

Use pureed pear and add ¼ teaspoon ground ginger

Use strawberry flavoured soy milk

Dessert Bars

Serves: 24 bars

Ingredients:

3 teaspoons cinnamon

½ teaspoon nutmeg

2 tablespoons finely chopped apricots

2 tablespoons dessicated coconut

2 whisked egg whites

2 tablespoons melted butter

½ cup maple sugar

2 teaspoons vanilla essence

¼ cup maple syrup

2 cups quinoa flakes

Method:

1. Preheat oven to 250F
2. Grease an 8-inch square baking pan
3. Mix all ingredients except cinnamon, together
4. Press mixture in to prepared pan
5. Sprinkle cinnamon on top
6. Bake about 40 – 50 minutes
7. Take pan out of oven and cut into bars
8. Bake a further ten minutes
9. Take out of the oven and cool on a rack

Cooking Tips:

Bars keep well in the freezer

Variation:

Use brown sugar in place of maple sugar

Apricots and coconut and use ¼ cup chopped dates or cranberries

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