



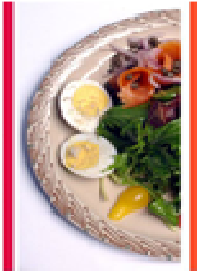
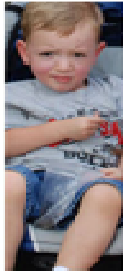
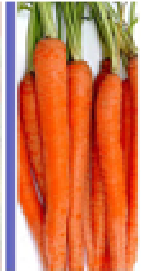
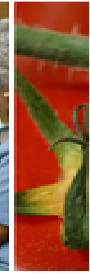
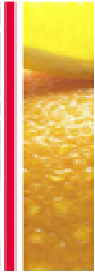
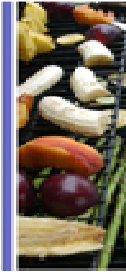
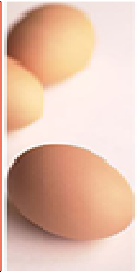
# Live Healthy, Live Well Team

## Whole Grains—Quinoa Recipes

**Adapted by: Cheryl Barber Spires, Lisa Barlage, and  
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**<http://livehealthyosu.com>**

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## Quinoa and Lettuce Salad

### You'll Need -

- 1/2 cup quinoa
- 1 cup boiling water
- 1 head romaine lettuce, in bite-size pieces
- 1/2 cup chopped celery
- 1 carrot, diced
- 2 scallions, chopped
- 1/2 cup chopped jicama
- 1 garlic clove, minced (optional)
- 1/4 cup canola oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons rice vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- fresh cilantro or parsley to garnish (optional)

### Take Out –

- Strainer
- Medium sauce pan
- Measuring cups and spoons
- Knife
- Cutting board
- Whisk
- Small bowl
- Mixing spoon
- Large salad bowl

1. Wash hands and assemble clean equipment.
2. Rinse the quinoa well under cold running water; drain. Boil the water in a medium saucepan; add the quinoa and cook over low heat, covered, until tender, about 15 minutes. Drain and cool.
3. In a large salad bowl, combine the quinoa, lettuce, celery, carrot, scallions and jicama.
4. Prepare a dressing by whisking together the oil, lemon juice, rice vinegar, salt and pepper, and garlic, if desired, in a small bowl. Pour the dressing over the salad and toss until coated.
5. Serve immediately or refrigerate. **Makes 6 servings.**

Nutrient Analysis, per serving: 151 calories, 14 g. carbohydrates, 3 g. protein, 10 g. fat, 2 g. dietary fiber, 213 mg. sodium (omit salt – 19 mg.), 0 mg. cholesterol

Source: Cooking for a Life Time, The University of Georgia Cooperative Extension.



## Quinoa Casserole

### You'll Need -

- 1/2 cup quinoa
- 1 cup water
- 1 small onion, diced
- 1 4 oz. can mushroom stems and pieces (opt.)
- 1 tablespoon margarine
- 1 16 oz. can tomatoes, coarsely chopped, with the juice reserved
- 1 garlic clove, crushed
- 3/4 cup Mexican salsa
- 1 cup shredded part-skim mozzarella cheese

### Take Out –

- Strainer
- Small saucepan
- Knife
- Cutting board
- Measuring cups and spoons
- Large skillet
- Medium baking dish

1. Wash hands and assemble clean equipment.
2. Rinse quinoa well before cooking (to remove bitter taste). Cook ½ cup quinoa in 1 cup simmering water until liquid is absorbed.
3. Meanwhile, in a large skillet, melt margarine. Add diced onion and sliced mushrooms; sauté until tender. Add tomato pieces; stir to distribute and heat through. Add crushed garlic clove, Mexican salsa, and reserved tomato juice. Cover and cook over medium heat for 20 minutes.
4. Stir quinoa into the vegetable mixture. Pour into baking dish and sprinkle with shredded mozzarella cheese. Bake at 325 EF for 30 - 35 minutes, until interior temperature reaches at least 165 EF.
5. Serve immediately. **Makes 4 servings.** Refrigerate leftovers promptly – always within 2 hours of cooking.

Nutrient Analysis, per serving: 234 calories, 26 g. carbohydrates, 13 g. protein, 9 g. fat, 5 g. dietary fiber, 804 mg. sodium (with no salt added canned tomatoes – 445 mg.), 15 mg. cholesterol.



## Baked Quinoa Ratatouille

### You'll Need -

- |   |                                    |
|---|------------------------------------|
| 1 tablespoon olive oil  | 2 cloves garlic, minced            |
| 1 red onion, thinly sliced  | 2 tablespoons tomato paste         |
| 14.5 oz. can diced tomatoes with liquid (low-sodium may be used)                        |                                    |
| 1 teaspoon dried basil  | 1/2 teaspoon dried oregano         |
| 1/2 teaspoon dried thyme  | 1 tablespoon chopped fresh parsley |
| 1 large eggplant (about 1 pound) cubed  | 1 green pepper, thinly sliced      |
| 2 zucchini squash, sliced   | 1 yellow summer squash, sliced     |
| 1 cup cooked quinoa (cooked according to package instructions and rinsed, if necessary) |                                    |
| 3/4 cup shredded part-skim mozzarella cheese (or Italian cheese blend, if desired)      |                                    |

This is ratatouille with a twist: quinoa. If you love ratatouille but have never tried quinoa, this is an appetizing way to do so. If you don't have quinoa on hand, this dish is still good without it.

1. Preheat the oven to 375 degrees.
2. Heat the olive oil in a large nonstick skillet over medium heat. Add the minced garlic and onion slices, and sauté for 5 minutes until softened.
3. Stir in the diced tomatoes, tomato paste, basil, oregano, thyme and parsley. Continue to cook for 1 to 2 minutes. Remove from heat.
4. Layer half of the tomato and onion mixture in the bottom of a 9x13-inch baking dish. Top with all of the uncooked sliced and cubed vegetables, then add the remaining tomato and onion mixture. Spread the cooked quinoa on top and sprinkle with the shredded cheese.
5. Cover with foil and bake for 40 to 45 minutes. Remove the foil for the last 5 minutes of cooking.

**Tips:** It's helpful to buy pre-rinsed quinoa for convenience. If you don't, you must rinse the quinoa several times before using it. Quinoa contains an outer coating of saponin that is very bitter. Use a fine colander and rinse the quinoa under cold water.

**Serving size:** Approximately 1 1/4 cups , Makes 4 servings.

**Nutrition Facts per Serving:** Calories: 234 Fat: 8 g Cholesterol: 13.4 mg Sodium: 380 mg Carbohydrates: 31.4 g Fiber: 8.3 g Protein: 11 g



## Cinnamon Quinoa with Peaches

### You'll Need

Cooking spray

2 1/2 cups water

1 cup uncooked quinoa, rinsed well under cold running water and drained

1/2 teaspoon ground cinnamon

1 1/2 cups fat-free half-and-half

1/4 cup sugar

1 1/2 teaspoons vanilla extract

2 cups frozen unsweetened peach slices, thawed and sliced or diced

1/4 cup plus 2 tablespoons chopped pecans, dry-roasted and coarsely chopped

Lightly spray the slow cooker with cooking spray. Pour in the water. Stir in the quinoa and cinnamon. Cook, covered, on low for 2 hours or on high for 1 hour, or until the water is absorbed and the quinoa is tender. Just before the quinoa is ready, in a small bowl, stir together the half-and-half, sugar, and vanilla until the sugar has dissolved. Spoon the quinoa into bowls. Top with the peaches. Pour in the half-and half mixture. Sprinkle with the pecans.

Serves 6

Nutritional analysis per serving: 254 Calories, 7 grams fat, 0 milligrams cholesterol, 65 milligrams sodium, 42 grams carbohydrate, 4 grams fiber, 10 grams protein

Source: University of Illinois Extension, Extension Educator, Jenna Smith,  
[http://web.extension.illinois.edu/lmw/eb245/20120907\\_5856.html](http://web.extension.illinois.edu/lmw/eb245/20120907_5856.html).



## Quinoa with Chicken and Mushrooms

### You'll need

- 2 tablespoon sesame or olive oil
- 1/2 cup mushrooms, chopped
- 5oz chicken breast, sliced and seasoned with salt and pepper
- 1/4 - 1/2 of an onion, chopped
- 1 clove garlic, minced
- 1 1/2 cups quinoa, rinsed\*
- 3 cups chicken broth

1. Heat the oil in a skillet over medium heat. Cook and stir the onion, and garlic in the hot oil until browned, then add the chicken. Once the chicken is almost fully cooked, stir in the mushroom. After both chicken and mushroom are cooked, set aside.
2. Heat up another tablespoon of oil in a pot over medium-high heat.
3. Add the quinoa to the melted butter and let it brown, about 3 minutes.
4. Pour the chicken broth over the quinoa; bring to a boil.
5. Cover and reduce heat to low; simmer 10 minutes.
6. Stir in the sautéed chicken and mushroom mixture and cook another 2 minutes.

Time: 40 min. Servings: 5 people

This recipe can easily be substituted with couscous, which requires even less cooking time.

Source: Tufts University, Department of Health Education, <http://sites.tufts.edu/balanceyourlife/files/2011/07/Quinoa-with-Mushrooms.pdf>.



## Hot Breakfast Cereal Recipe

### You'll need

2 cups water

1 cup tan or red quinoa

1/2 cup diced apple

1/3 cup dried cranberries

1/2 teaspoon cinnamon

Dash of nutmeg

1. Bring 2 cups of water to a boil.
2. Add in quinoa.
3. Reduce the heat and simmer for 5 minutes.
4. Add diced apple, cranberries, cinnamon and nutmeg.

Simmer until water is absorbed. Serve with non-fat milk or fat-free half and half. Sweeten to taste with honey, brown sugar or artificial sweetener.





## Quinoa and Black Bean Salad

### You'll need

- |   |   |
|---|---|
| 1/2 cup quinoa, dry                                   | 1 1/2 cup water                           |
| 1 1/2 tablespoon olive oil                            | 3 teaspoons lime juice                    |
| 1/4 teaspoon cumin                                    | 2 scallions (medium, minced)              |
| 1/4 teaspoon coriander (ground, dried cilantro seeds) | 2 cups tomato (chopped)                   |
| 15 oz. black beans (can, rinsed and drained, chopped) | 1 red bell pepper (medium, chopped)       |
| 1 green bell pepper (medium, chopped, to taste)       | 2 green chilies (fresh, minced, to taste) |
| Black pepper (to taste)                               |   |

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve..

Source: US Department of Health and Human Services; National Institutes of Health; National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables