



## Quinoa

Quinoa is a whole grain and is a good source of plant protein and fiber. 3ounce dry Quinoa makes about 9 ounces of cooked Quinoa and provides about 8 grams of protein and 5 grams of fiber.

Quinoa is a complete protein. It contains all nine essential amino acids that our bodies cannot make on their own.

Quinoa is also gluten-free and can be eaten if one has a gluten intolerance, such as celiac disease.

### How to cook

- ✱ Rinse before cooking to remove any remaining saponins. Use a fine mesh strainer to catch the tiny seeds and run the Quinoa under cool water.
  - ✱ Quinoa is prepared similarly to rice using two parts liquid to one part dry quinoa. One cup of dry Quinoa will make about 3 cups cooked. It can be prepared in any liquid, such as water or broth, and you may also add herbs or spices during cooking.
  - ✱ Add the seeds, liquid, and desired herbs to a pot and boil on high heat. When a boil is reached, reduce heat to low, cover the pot, and simmer for about 15 minutes or until tender—fluff with a fork.
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- When making vegetable soup, add dry Quinoa, and it will thicken the soup and will add protein to your meal.
  - Precooked Quinoa is an excellent source of protein when is added to salads.

Nava Chernoff

412-952-9618