



## Quinoa Information

Here is some information on quinoa - most commonly purchased is white quinoa, which is a small light colored round grain. Ellwood Thompson's has several different types of organic quinoa in their bulk department that are well priced. (A little quinoa goes a long way also as it expands when cooked.) You can get white, red, or black quinoa - the white tastes like brown rice, red is nuttier and crunchier, black is awesome with lentils - has a slightly smoky flavor.

Quinoa is a wonder food, it is the only grain that is a complete protein source and a great source of amino acids (so also really great for transitioning to a vegetarian diet to ensure you get enough protein). It also originates in Central / South America. It is gluten free, no sugar, and delicious. You can combine it with fruits, nuts, veggies, and have it for breakfast, lunch or dinner. You can use it in the broccoli and chickpea "one pot stir fry" recipe or in the breakfast recipe I sent you.

It cooks in about 15-20 minutes in a pot on the stove, I guess you could use a rice cooker also, but I use the stove. You want to use about 2-3 parts water to 1 part grain. You can tell when the quinoa is done when it is translucent and has little tails on it. One recipe combination I love uses cooked quinoa, dates, kale / chard / spinach, and almonds or other nuts - super yummy breakfast or dessert!

You can also sprout quinoa and eat it raw in salads, with nuts / seeds, etc. It is a super healing food when sprouted and eaten raw. Just put some in a bowl with about 1 inch water to cover, then let it sit for a few hours to overnight and then drain off the liquid when you are ready to eat. Once it has tails on it, it is ready to go! I also like sprouted quinoa with blueberries and almonds for breakfast - will give you tons of awesome energy!

A few combinations that you might like for quinoa are:

### Cooked

- Cooked quinoa plus avocados, sunflower seeds, sesame/coconut oil, cumin, sea salt
- Cooked quinoa, red or green lentils, white rice plus sesame/coconut/olive oil, cumin, black pepper, sea salt
- Cooked quinoa, mushrooms, soy/rice milk, sesame/coconut/olive oil, sea salt, black pepper
- Cooked quinoa then stir in chopped spinach while still hot, coconut cream/soy milk, oil, sea salt and black pepper



- Cooked quinoa w baked winter squash, cinnamon, sesame/coconut oil and sea salt

Sprouted

- Sprouted quinoa, celery, carrots, cashews (soak overnight beforehand to remove enzyme inhibitor - helps a lot with digestion), sea salt
- Sprouted quinoa, berries, almond milk, agave, sea salt
- Sprouted quinoa, soaked raw chickpeas / garbanzo beans (soak for at least 4 hours prior, and use lots of water to soak them in), chopped tomatoes, fresh chopped basil or parsley, sea salt

Enjoy!

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