

Cooking Quinoa

A COLLECTION OF THE
BEST QUINOA RECIPES



Learn how to cook quinoa perfectly!

WENDY POLISI

A culinary pleasure cruise through a South American staple

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INTRODUCTION



It was only a few years ago that I first heard of quinoa. Who knew that this tiny seed would become such a huge part of my life? I am truly humbled at what a success Cooking Quinoa has become. I could have never imagined when I started the site in late March of 2010 that in less than a year it would grow to reach thousands of people a day.

Quinoa is truly a food that I love, because it has made such a difference in my diet. I am a self proclaimed carb addict, and quinoa has enabled me to get the comfort I seek from food without all of the guilt. If you are new to quinoa, I sincerely hope that you will give these recipes a try so that you can understand just how wonderful it can be!

This free cookbook is my way of saying thank you for your support! It is a collection of my favorite recipes from the site as well as a few that you have never seen before! These are all recipes that I make regularly for my family, so you can be sure that they are a safe bet!

To your health!

Wendy



Baked Quinoa & Oatmeal

DIRECTIONS:

1. Preheat oven to 375 and spray olive oil in your pan to prevent sticking.
2. Mix together oats, quinoa, half of walnuts, sugar (if using), baking powder, cinnamon and salt. (Note: this can be done ahead of time.)
3. In a separate bowl lightly beat egg and add in milk, vanilla, maple syrup (if using) and half of the slightly cooled butter.
4. Place banana slices on the bottom of the prepared pan. Top with 2/3 of the berries and cover with oat mixture. Pour wet ingredients over and make sure the dry ingredients are covered. Top with remaining berries and walnuts.
5. Bake for 40 minutes. Drizzle with remaining melted butter and additional maple syrup or sugar if desired.

This recipe was adapted from Super Natural Every Day.

1 cup rolled oats
1 cup quinoa, rinsed
1/2 cup toasted walnuts
1/3 cup natural sugar or maple syrup
1 tsp baking powder
1 1/2 tsp cinnamon
1/2 tsp sea salt
2 cups low fat milk
1 large egg
3 T unsalted butter, melted
2 tsp vanilla
2 bananas, cut into pieces
1 1/2 cups mixed berries



Nutrition Facts Baked Quinoa and Oatmeal, 12 servings (calculated using maple syrup)
Calories: 235.9 kcal Water 83.61 g Carbohydrate* (59%) 36.05 g Protein (10%) 6.16 g Total Fat (31%)
8.44 g Monounsaturated 1.74 g Polyunsaturated 2.88 g Saturated 2.75 g Cholesterol 26.9 mg Dietary
Fibre 3.13 g Alcohol (0%) 0 g
Vitamin: Vitamin A 214.87 IU Thiamin 0.09 mg Riboflavin 0.19 mg Niacin 0.66 mg Pantothenic acid
0.51 mg Vitamin B6 0.18 mg Folate 29.15 mcg Vitamin B12 0.24 mcg Vitamin C 12.4 mg Vitamin E
0.23 mg ATE
Minerals: Calcium 116.76 mg Iron 2.38 mg Magnesium 54.01 mg Phosphorus 146.21 mg Potassium
324.9 mg Sodium 76.11 mg Zinc 1.29 mg Copper 0.25 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17





DIRECTIONS:

1. Combine cilantro, cooked quinoa, roasted red peppers and lemon in a food processor or blender. Process until the mixture is well combined.
2. Add tahini, garlic, chick peas, salt and pepper. Process until smooth.

$\frac{1}{4}$ – $\frac{1}{2}$ cup cilantro, chopped
 $\frac{1}{4}$ cup cooked quinoa
 $\frac{1}{2}$ cup roasted red peppers
Juice of 1 lemon
1/3 cup tahini
4-5 cloves garlic, minced
1 $\frac{1}{2}$ cups cooked chick peas, warm (or
14 oz can)
1 tsp mineral sea salt
1 tsp freshly ground pepper



Nutrition Facts Red Pepper and Garlic Hummus Recipe, 12 servings

Calories: 90 kcal Water 28.16 g Carbohydrate* (51%) 11.35 g Protein (12%) 3.18 g Total Fat (37%)
3.97 g Monounsaturated 1.41 g Polyunsaturated 1.72 g Saturated 0.53 g Cholesterol 0 mg Dietary
Fibre 2.28 g Alcohol (0%) 0 g

Vitamins: Vitamin A 64.83 IU Thiamin 0.1 mg Riboflavin 0.05 mg Niacin 0.52 mg Pantothenic acid 0.18
mg Vitamin B6 0.19 mg Folate 29.26 mcg Vitamin B12 0 mcg Vitamin C 4.55 mg Vitamin E 0.03 mg
ATE

Minerals: Calcium 44.33 mg Iron 1.43 mg Magnesium 23.53 mg Phosphorus 91.16 mg Potassium
121.85 mg Sodium 371.77 mg Zinc 0.75 mg Copper 0.19 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Tomato & Roasted Red Pepper Quinoa Soup Recipe

DIRECTIONS:

1. Heat the olive oil over medium heat. Sauté for 10 minutes or until the onion is tender. Add the chopped garlic and sauté for a minute. Add in tomatoes, roasted red peppers, basil, crushed red pepper, pepper, sugar and salt.
2. In a medium bowl, whisk together the vegetable stock and flour. Add to the pan and bring to a boil. Reduce heat and simmer for five minutes.
3. Remove from heat and allow to cool slightly. Puree in a blender or food processor.
4. In a medium bowl, stir together the milk and yogurt. Return the soup to the heat over low and add in the yogurt mixture. Season to taste.
I serve this with thinly sliced baguette rounds with goat cheese. I place them under the broiler so the cheese was nice and warm. YUM!

2 T olive oil
1 large onion, chopped
5 cloves garlic, minced
28 oz can crushed tomatoes
1 cup roasted red peppers, diced
1/4 cup basil, finely chopped
2 tsp cane sugar
1/2 tsp sea salt
1/2 tsp crushed red pepper
1/2 tsp fresh ground black pepper
2 cups vegetable stock
1/2 cup quinoa flour
1/2 cup milk
1/2 cup non-fat Greek yogurt



Nutrition Facts Tomato and Roasted Red Pepper Quinoa Soup, 8 servings

Calories: 152.1 kcal Water 196.81 g Carbohydrate* (58%) 23.04 g Protein (13%) 5.56 g Total Fat (29%)
5.08 g Monounsaturated 2.91 g Polyunsaturated 0.75 g Saturated 1.05 g Cholesterol 2.77 mg
Dietary Fibre 2.38 g Alcohol (0%) 0 g

Vitamins: Vitamin A 1213.32 IU Thiamin 0.13 mg Riboflavin 0.22 mg Niacin 1.33 mg Pantothenic acid 0.54 mg Vitamin B6 0.17 mg Folate 23.19 mcg Vitamin B12 0.29 mcg Vitamin C 50.79 mg Vitamin E 1.41 mg ATE

Minerals: Calcium 149.4 mg Iron 2.75 mg Magnesium 51.24 mg Phosphorus 151.97 mg Potassium 506.48 mg Sodium 632.72 mg Zinc 0.98 mg Copper 0.25 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Tomato Feta Quinoa Pilaf

DIRECTIONS:

1. Heat a saucepan over medium-high heat. Add oil to pan and when warm add in the shallots. Cook for two minutes and add garlic. Cook until fragrant, around 30 seconds. Add rinsed quinoa and sauté for two minutes. Add broth, salt and cayenne pepper. Bring to a boil. Cover and allow to simmer for 15 to 18 minutes or until all liquid is absorbed. Remove from heat and allow to sit covered for five minutes.

2. Stir in parsley, thyme, basil, lemon juice, tomatoes and feta. Enjoy! This recipe also works well the next day turned into a cold salad. I like to use my favorite balsamic vinaigrette dressing. Yum!

1 T olive oil
 ¼ cup finely chopped shallots
 3 cloves of garlic, minced
 1 cup quinoa
 1 ½ cups broth – vegetable or chicken
 1/8 tsp salt
 ¼ tsp cayenne pepper
 1 T fresh parsley
 1 tsp chopped fresh thyme
 ¾ cup grape tomatoes, quartered
 1/3 cup feta cheese, crumbled (if Eating Clean use low fat)
 1 T chopped basil
 1 T lemon juice



Nutrition Facts Tomato Feta Quinoa Pilaf, 6 servings

Calories: 166.4 kcal Water 94.44 g Carbohydrate* (54%) 22.51 g Protein (14%) 6.46 g Total Fat (32%) 6.06 g Monounsaturated 2.63 g Polyunsaturated 1.05 g Saturated 1.81 g Cholesterol 7.34 mg Dietary Fibre 2.02 g Alcohol (0%) 0 g

Vitamins: Vitamin A 333.94 IU Thiamin 0.08 mg Riboflavin 0.2 mg Niacin 1.88 mg Pantothenic acid 0.43 mg Vitamin B6 0.13 mg Folate 24.93 mcg Vitamin B12 0.2 mcg Vitamin C 7.37 mg Vitamin E 0.46 mg ATE

Minerals: Calcium 69.07 mg Iron 3.18 mg Magnesium 66.29 mg Phosphorus 170.92 mg Potassium 343.88 mg Sodium 316.8 mg Zinc 1.31 mg Copper 0.27 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Fiesta Quinoa Salad

DIRECTIONS:

1. Cook the quinoa using the stove top steaming method. Bring the broth to a boil and add in quinoa and salt to taste. Boil for 10 minutes. Drain quinoa and rinse with cool water. Rinse the pot and bring fresh water to a boil. Place quinoa in a metal colander and put over the boiling water. Cover with a clean dish cloth and lid. Steam for 10 minutes. Remove from heat and allow the quinoa to cool. (Alternatively, you could also cook the quinoa in a vegetable steamer.)
2. Meanwhile, in a large bowl, mix together corn, red pepper, scallions, cranberries, carrots, cilantro and 2 T of the red onion.
3. In your blender combine remaining 1 T of red onion, garlic, soy sauce, lemon juice, olive oil, cumin and dried chipotle pepper. Pulse until well combined.
4. Combine quinoa and vegetable mixture and toss with dressing. Top with almonds and pumpkin seeds.

1 cup of quinoa, rinsed
2 cups of chicken or vegetable broth
1 15oz can of corn, drained
1 red pepper, chopped
3 scallions, chopped
3/4 cup dried cranberries
3/4 cup carrots chopped
3 Tablespoons fresh cilantro
4 Tablespoons red onion, divided
3 cloves garlic, minced
4 T soy sauce
2 T lemon juice
1/2 cup olive oil
1 tsp cumin
1/8 tsp dried chipotle pepper
1/4 cup raw almonds, chopped and toasted (or pine nuts) (optional – not included in nutrition data)
1/4 cup roasted pumpkin seeds (optional – not included in nutrition data)



Nutrition Facts Fiesta Quinoa Salad, 6 servings

Calories: 406.2 kcal Water 209.03 g Carbohydrate* (47%) 50.15 g Protein (7%) 8.9 g Total Fat (46%)

21.28 g Monounsaturated 14.22 g Polyunsaturated 3.02 g Saturated 2.95 g Cholesterol 0 mg

Dietary Fibre 5.86 g Alcohol (0%) 0 g

Vitamins: Vitamin A 3126.66 IU Thiamin 0.14 mg Riboflavin 0.25 mg Niacin 3.32 mg Pantothenic acid 0.89 mg Vitamin B6 0.25 mg Folate 83.87 mcg Vitamin B12 0.05 mcg Vitamin C 53.4 mg Vitamin E 3.51 mg ATE

Minerals: Calcium 76.93 mg Iron 4.72 mg Magnesium 91.26 mg Phosphorus 213.89 mg Potassium 652.47 mg Sodium 1052.59 mg Zinc 1.59 mg Copper 0.37 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Balsamic Quinoa Salad

DIRECTIONS:

1. Make dressing by combining vinegar, mustard, garlic, shallots and olive oil. Season to taste.
2. Add quinoa to three cups of boiling water. Boil for 10 minutes.
3. Rinse with cool water and place in a fine mesh colander. Boil water and place quinoa and sun dried tomatoes in the colander over the water. Cover with a kitchen towel and lid. Steam for 10 minutes. Allow to cool.
4. Cook red pepper in a small skillet until tender.
5. Combine pepper and remaining ingredients with quinoa. Add dressing (I typically only use 1/3 cup of the dressing and save the rest for leftovers and salad) and toss. Enjoy!

1/2 cup balsamic vinegar
1/4 – 1/2 cup best quality extra virgin olive oil (depending on if you are watching calories)
2 T Dijon mustard
6 cloves of garlic, minced
2 shallots, minced
Salt, pepper and cayenne pepper, to taste
1 1/2 cups quinoa
Bouillon cube
5 Sun Dried Tomatoes (Not in oil)
1 red pepper, chopped
4 oz blue cheese
1 can black beans (or 2 cups)



Nutrition Facts Balsamic Quinoa Salad, 8 servings

Calories: 312.8 kcal Water 87.03 g Carbohydrate* (47%) 37.07 g Protein (14%) 12.19 g Total Fat (38%) 13.78 g Monounsaturated 7.18 g Polyunsaturated 1.82 g Saturated 3.87 g Cholesterol 10.73 mg Dietary Fibre 6.93 g Alcohol (0%) 0 g Vitamins: Vitamin A 633.8 IU Thiamin 0.18 mg Riboflavin 0.28 mg Niacin 1.97 mg Pantothenic acid 0.79 mg Vitamin B6 0.22 mg Folate 64.53 mcg Vitamin B12 0.17 mcg Vitamin C 31.46 mg Vitamin E 1.33 mg ATE Minerals: Calcium 138.79 mg Iron 4.72 mg Magnesium 108.76 mg Phosphorus 289.15 mg Potassium 576.47 mg Sodium 606.99 mg Zinc 2.02 mg Copper 0.43 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Quinoa Goat Cheese Risotto

DIRECTIONS:

1. Rinse quinoa in a fine metal sieve until your water turns clear.
2. Spray a skillet with cooking spray. Sauté spinach until tender. Set aside.
3. Heat butter and olive oil over medium heat. Add onion and sauté until tender. Add garlic and cook for one minute.
4. Add quinoa, wine and cayenne pepper. Cook until the wine is almost evaporated, stirring frequently.
5. Add enough broth to cover quinoa. Simmer uncovered over medium low heat. Add broth as the liquid absorbs and stir frequently. Cooking quinoa will take about 15 minutes
6. Stir in spinach in last two minutes of cooking.
7. Remove from heat and add salt, pepper and 3 ounces of the goat cheese. Stir.
8. Crumble remaining goat cheese, parsley, lemon zest and parmesan over the quinoa.

1 ½ cup quinoa
1 T olive oil
1 T Butter
1 onion, finely chopped
4 cloves garlic
1/8 tsp cayenne pepper
3 cups broth (chicken or vegetable)
½ cup white wine
1 lb spinach
4 oz goat cheese
Parmesan, parsley and
lemon zest for garnish



Nutrition Facts Quinoa Goat Cheese Risotto, 8 servings

Calories: 249.5 kcal Water 198.15 g Carbohydrate* (46%) 28.44 g Protein (16%) 11.14 g Total Fat (35%) 9.99 g Monounsaturated 3.31 g Polyunsaturated 1.27 g Saturated 4.43 g Cholesterol 15.04 mg Dietary Fibre 3.53 g Alcohol (3%) 1.2 g Vitamins: Vitamin A 5578.8 IU Thiamin 0.14 mg Riboflavin 0.38 mg Niacin 2.81 mg Pantothenic acid 0.47 mg Vitamin B6 0.27 mg Folate 137.51 mcg Vitamin B12 0.12 mcg Vitamin C 18.42 mg Vitamin E 1.5 mg ATE Minerals: Calcium 133.89 mg Iron 5.1 mg Magnesium 122.26 mg Phosphorus 254.47 mg Potassium 718.67 mg Sodium 425.37 mg Zinc 1.61 mg Copper 0.48 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Southwestern Quinoa Salad

DIRECTIONS:

1. In a large pot combine water and chicken bouillon and bring to a boil. Add quinoa and salt and boil for 10 minutes.
2. Remove from heat and rinse quinoa and place in a fine metal sieve or fine colander. Bring a fresh pot of water to boil. Place quinoa in the sieve over it. Cover with a kitchen towel and lid. Steam for 10 minutes. Remove from heat and allow to cool.
3. Meanwhile make the dressing by combining lime juice, cumin, chili powder, chipotle chili powder, vinegar, olive oil and garlic. (You can do this in a small bowl or in a blender)
4. In a separate bowl, combine black beans, corn, onion, red pepper, jalapenos and cilantro.
5. After quinoa cools, combine with black bean mixture. Stir in cheese if, desired.
6. Toss with dressing and serve at room temperature or chilled.

3 cups of water
Chicken or Vegetable Bouillon cube (or vegetable)
1 ½ cups of quinoa, rinsed
½ tsp sea salt (optional)
Juice from 3 Limes
2 tsp cumin
½ tsp chili powder
1/8 tsp ground chipotle chili powder (or cayenne)
2 T red wine vinegar
2 T olive oil
4 cloves of minced garlic
1 can black beans, drained
½ cup fresh or frozen corn (steam the corn if using fresh)
½ red onion, diced
½ cup roasted red pepper, diced
1 T minced jalapenos
¼ cup cilantro
½ cup queso fresco (optional)
Salt and pepper to taste



Nutrition Facts Southwestern Quinoa Salad, 8 servings

Calories: 228.4 kcal Water 75.02 g Carbohydrate* (65%) 37.59 g Protein (13%) 8.75 g Total Fat (22%) 5.72 g Monounsaturated 3.06 g Polyunsaturated 1.28 g Saturated 0.75 g Cholesterol 0.07 mg Dietary Fibre 6.34 g Alcohol (0%) 0 g

Vitamins: Vitamin A 376.05 IU Thiamin 0.18 mg Riboflavin 0.18 mg Niacin 1.47 mg Pantothenic acid 0.58 mg Vitamin B6 0.18 mg Folate 90.25 mcg Vitamin B12 0 mcg Vitamin C 24.36 mg Vitamin E 0.7 mg ATE

Minerals: Calcium 40.09 mg Iron 4.06 mg Magnesium 105.83 mg Phosphorus 210.29 mg Potassium 479.67 mg Sodium 204.6 mg Zinc 1.65 mg Copper 0.35 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17





Quinoa Gratin with Butternut Squash

DIRECTIONS:

1. Preheat oven to 350 degrees. Roast diced squash for 15 minutes.
2. Heat olive oil over medium heat. Add shallots and sage and cook for 10 minutes or until shallots are tender. Add in garlic and cook for another 30 seconds. Add in quinoa and squash and stir for another minute.
3. Add in broth, black pepper, sea salt and cayenne pepper. Bring to a boil and then reduce the heat to medium low. Cover and cook for 15 minutes or until most of the liquid is absorbed.
4. Move the quinoa mixture to an oven safe pan. In a small bowl, combine milk and eggs and pour over the quinoa mixture. Top with cheese and then bread crumbs.
5. Bake at 350 degrees for 30 minutes. If desired, broil for two minutes to brown the top. Enjoy!

4 cups peeled and diced butternut squahs
6 cloves of minced garlic
3 shallots, minced
1 tsp olive oil
1 cup of quinoa
1 ½ cups chicken broth
1 tsp sea salt
1 T fresh sage
½ tsp black pepper
¼ tsp cayenne pepper
2 eggs, beaten
½ cup milk
1 cup Gruyere cheese, shredded
½ cup bread crumbs



Nutrition Facts Quinoa Gratin with Butternut Squash, 8 servings

Calories: 246.8 kcal Water 140.61 g Carbohydrate* (48%) 30.45 g Protein (20%) 12.35 g
Total Fat (32%) 9 g Monounsaturated 3.02 g Polyunsaturated 1.21 g Saturated 3.92 g
Cholesterol 71.65 mg Dietary Fibre 3 g Alcohol (0%) 0 g
Vitamins: Vitamin A 7749.05 IU Thiamin 0.21 mg Riboflavin 0.27 mg Niacin 2.3 mg
Pantothenic acid 0.89 mg Vitamin B6 0.26 mg Folate 48.1 mcg Vitamin B12 0.54 mcg Vitamin C
16.16 mg Vitamin E 1.27 mg ATE
Minerals: Calcium 263.74 mg Iron 3.28 mg Magnesium 83.32 mg Phosphorus 276.71 mg
Potassium 538.88 mg Sodium 534.18 mg Zinc 1.85 mg Copper 0.28 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17



Quinoa with Wild Rice & Apples

DIRECTIONS:

1. Preheat oven to 350 degrees. Place quinoa in a medium bowl and cover with water to soak while rice begins cooking. Bring broth, salt and 2 cups of water to a boil. Add wild rice and cover. Reduce the heat to medium-low and cook for 50 minutes. After 45 minutes, place quinoa in a fine metal strainer, and rinse for five minutes. Add quinoa to rice mixture and cook for another 20 minutes or until the liquid has all absorbed. You will want to check and make sure that you do not need to add more broth.
2. Heat oil over medium heat. Add onion and sage and cook for 10 minutes or until tender. Add garlic and cook for another 30 seconds.
3. Add cayenne and black pepper. Stir in quinoa mixture and cook until all liquid has absorbed.
4. Remove from heat and stir in cream cheese until blended. Add in cranberries and apples. If desired, top with white or yellow cheddar cheese.
5. Bake for 35 minutes. (If preferred, you can add cheese in the last 15 minutes.)

2 cups vegetable broth
 1 tsp sea salt
 1 cup of wild rice
 1 cup of quinoa
 1 T olive oil
 1 red onion, finely chopped
 4 cloves garlic, minced
 2 T fresh sage, chopped
 ¼ tsp cayenne pepper
 ½ tsp freshly ground black pepper
 8 oz low fat cream cheese
 1 cup dried cranberries, chopped
 4 Red Delicious apples, chopped
 ½ cup cheddar cheese (optional)



Nutrition Facts Quinoa with Wild Rice and Apples, 8 servings

Calories: 336.2 kcal Water 143.21 g Carbohydrate* (66%) 56.75 g Protein (10%) 8.94 g Total Fat (24%)
 9.16 g Monounsaturated 3.34 g Polyunsaturated 1.23 g Saturated 3.86 g Cholesterol 16.8 mg Dietary
 Fibre 4.41 g Alcohol (0%) 0 g

Vitamins: Vitamin A 232.6 IU Thiamin 0.17 mg Riboflavin 0.21 mg Niacin 2.31 mg Pantothenic acid
 0.67 mg Vitamin B6 0.27 mg Folate 26.61 mcg Vitamin B12 0.22 mcg Vitamin C 4.06 mg Vitamin E
 0.72 mg ATE

Minerals: Calcium 69.64 mg Iron 3.27 mg Magnesium 86.77 mg Phosphorus 217.48 mg Potassium
 410.67 mg Sodium 525.2 mg Zinc 1.54 mg Copper 0.31 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

Baked Quinoa & Oatmeal

DIRECTIONS:

1. Preheat oven to 375 and spray olive oil in your pan to prevent sticking.
2. Mix together oats, quinoa, half of walnuts, sugar (if using), baking powder, cinnamon and salt. (Note: this can be done ahead of time.)
3. In a separate bowl lightly beat egg and add in milk, vanilla, maple syrup (if using) and half of the slightly cooled butter.
4. Place banana slices on the bottom of the prepared pan. Top with 2/3 of the berries and cover with oat mixture. Pour wet ingredients over and make sure the dry ingredients are covered. Top with remaining berries and walnuts.
5. Bake for 40 minutes. Drizzle with remaining melted butter and additional maple syrup or sugar if desired.

This recipe was adapted from Super Natural Every Day.

1 cup rolled oats
1 cup quinoa, rinsed
1/2 cup toasted walnuts
1/3 cup natural sugar or maple syrup
1 tsp baking powder
1 1/2 tsp cinnamon
1/2 tsp sea salt
2 cups low fat milk
1 large egg
3 T unsalted butter, melted
2 tsp vanilla
2 bananas, cut into pieces
1 1/2 cups mixed berries

Nutrition Facts Baked Quinoa and Oatmeal, 12 servings (calculated using maple syrup)
Calories: 235.9 kcal Water 83.61 g Carbohydrate* (59%) 36.05 g Protein (10%) 6.16 g Total Fat (31%)
8.44 g Monounsaturated 1.74 g Polyunsaturated 2.88 g Saturated 2.75 g Cholesterol 26.9 mg Dietary
Fibre 3.13 g Alcohol (0%) 0 g
Vitamin: Vitamin A 214.87 IU Thiamin 0.09 mg Riboflavin 0.19 mg Niacin 0.66 mg Pantothenic acid
0.51 mg Vitamin B6 0.18 mg Folate 29.15 mcg Vitamin B12 0.24 mcg Vitamin C 12.4 mg Vitamin E
0.23 mg ATE
Minerals: Calcium 116.76 mg Iron 2.38 mg Magnesium 54.01 mg Phosphorus 146.21 mg Potassium
324.9 mg Sodium 76.11 mg Zinc 1.29 mg Copper 0.25 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

Red Pepper & Garlic Hummus Recipe

DIRECTIONS:

1. Combine cilantro, cooked quinoa, roasted red peppers and lemon in a food processor or blender. Process until the mixture is well combined.
2. Add tahini, garlic, chick peas, salt and pepper. Process until smooth.

$\frac{1}{4}$ – $\frac{1}{2}$ cup cilantro, chopped

$\frac{1}{4}$ cup cooked quinoa

$\frac{1}{2}$ cup roasted red peppers

Juice of 1 lemon

1/3 cup tahini

4-5 cloves garlic, minced

1 $\frac{1}{2}$ cups cooked chick peas, warm (or
14 oz can)

1 tsp mineral sea salt

1 tsp freshly ground pepper

Nutrition Facts Red Pepper and Garlic Hummus Recipe, 12 servings

Calories: 90 kcal Water 28.16 g Carbohydrate* (51%) 11.35 g Protein (12%) 3.18 g Total Fat (37%)
3.97 g Monounsaturated 1.41 g Polyunsaturated 1.72 g Saturated 0.53 g Cholesterol 0 mg Dietary
Fibre 2.28 g Alcohol (0%) 0 g

Vitamins: Vitamin A 64.83 IU Thiamin 0.1 mg Riboflavin 0.05 mg Niacin 0.52 mg Pantothenic acid 0.18
mg Vitamin B6 0.19 mg Folate 29.26 mcg Vitamin B12 0 mcg Vitamin C 4.55 mg Vitamin E 0.03 mg
ATE

Minerals: Calcium 44.33 mg Iron 1.43 mg Magnesium 23.53 mg Phosphorus 91.16 mg Potassium
121.85 mg Sodium 371.77 mg Zinc 0.75 mg Copper 0.19 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

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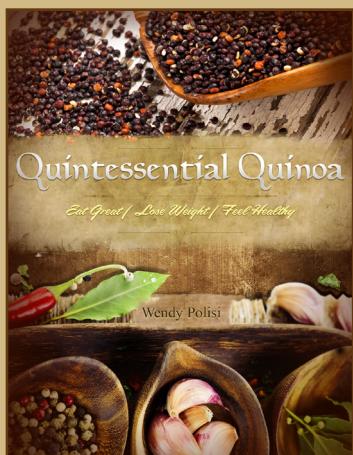
Don't wait. Get your copy NOW!

Hi, Wendy – I spent the weekend reading the recipes. Wow, is all I can say! I can't wait to start trying some of the recipes, especially appetizers with friends over the summer. We are not vegetarians, but I still enjoy a meatless dish once in a while.

I appreciate the effort you put into this project.

*Thank you.
Nancy*

Exclusive Recipes Not Found On CookingQuinoa.net



Quintessential Quinoa

Eat Great | Lose Weight | Feel Healthy

A Culinary Pleasure Cruise Through A South American Staple

With demand stemming from more than 200,000 unique visitors per month providing real world feedback and recipe requests, Quintessential Quinoa represents a quantum leap forward in inspired quinoa cuisine. Reader based input led the charge for recipe creation in a totally one of a kind cookbook that includes photos of EVERY recipe, nutritional data for EVERY recipe and alternative preparation methods for many dietary needs like Vegan, Gluten Free, Sugar-Free, Fast & Easy and Clean Eating. Initial feedback for the book has been overwhelming and the recipes have been extremely well received.

Tomato & Roasted Red Pepper Quinoa Soup Recipe

DIRECTIONS:

1. Heat the olive oil over medium heat. Sauté for 10 minutes or until the onion is tender. Add the chopped garlic and sauté for a minute. Add in tomatoes, roasted red peppers, basil, crushed red pepper, pepper, sugar and salt.
2. In a medium bowl, wish together the vegetable stock and flour. Add to the pan and bring to a boil. Reduce heat and simmer for five minutes.
3. Remove from heat and allow to cool slightly. Puree in a blender or food processor.
4. In a medium bowl, stir together the milk and yogurt. Return the soup to the heat over low and add in the yogurt mixture. Season to taste.

I serve this with thinly sliced baguette rounds with goat cheese. I place them under the broiler so the cheese was nice and warm. YUM!

2 T olive oil
1 large onion, chopped
5 cloves garlic, minced
28 oz can crushed tomatoes
1 cup roasted red peppers, diced
1/4 cup basil, finely chopped
2 tsp cane sugar
1/2 tsp sea salt
1/2 tsp crushed red pepper
1/2 tsp fresh ground black pepper
2 cups vegetable stock
1/2 cup quinoa flour
1/2 cup milk
1/2 cup non-fat Greek yogurt

Nutrition Facts Tomato and Roasted Red Pepper Quinoa Soup, 8 servings
Calories: 152.1 kcal Water 196.81 g Carbohydrate* (58%) 23.04 g Protein (13%) 5.56 g Total Fat (29%)
5.08 g Monounsaturated 2.91 g Polyunsaturated 0.75 g Saturated 1.05 g Cholesterol 2.77 mg
Dietary Fibre 2.38 g Alcohol (0%) 0 g
Vitamins: Vitamin A 1213.32 IU Thiamin 0.13 mg Riboflavin 0.22 mg Niacin 1.33 mg Pantothenic acid 0.54 mg Vitamin B6 0.17 mg Folate 23.19 mcg Vitamin B12 0.29 mcg Vitamin C 50.79 mg Vitamin E 1.41 mg ATE
Minerals: Calcium 149.4 mg Iron 2.75 mg Magnesium 51.24 mg Phosphorus 151.97 mg Potassium 506.48 mg Sodium 632.72 mg Zinc 0.98 mg Copper 0.25 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

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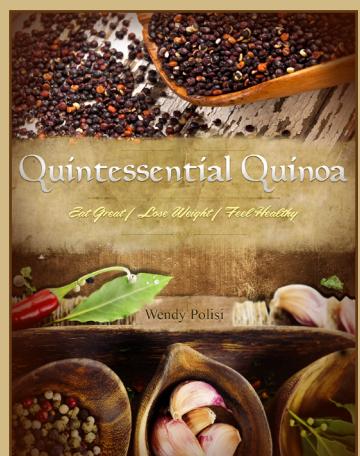
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Tomato Feta Quinoa Pilaf

DIRECTIONS:

1. Heat a saucepan over medium-high heat. Add oil to pan and when warm add in the shallots. Cook for two minutes and add garlic. Cook until fragrant, around 30 seconds. Add rinsed quinoa and sauté for two minutes. Add broth, salt and cayenne pepper. Bring to a boil. Cover and allow to simmer for 15 to 18 minutes or until all liquid is absorbed. Remove from heat and allow to sit covered for five minutes.
2. Stir in parsley, thyme, basil, lemon juice, tomatoes and feta. Enjoy! This recipe also works well the next day turned into a cold salad. I like to use my favorite balsamic vinaigrette dressing. Yum!

1 T olive oil
1/4 cup finely chopped shallots
3 cloves of garlic, minced
1 cup quinoa
1 1/2 cups broth – vegetable or chicken
1/8 tsp salt
1/4 tsp cayenne pepper
1 T fresh parsley
1 tsp chopped fresh thyme
3/4 cup grape tomatoes, quartered
1/3 cup feta cheese, crumbled (if Eating Clean use low fat)
1 T chopped basil
1 T lemon juice

Nutrition Facts Tomato Feta Quinoa Pilaf, 6 servings

Calories: 166.4 kcal Water 94.44 g Carbohydrate* (54%) 22.51 g Protein (14%) 6.46 g Total Fat (32%) 6.06 g Monounsaturated 2.63 g Polyunsaturated 1.05 g Saturated 1.81 g Cholesterol 7.34 mg Dietary Fibre 2.02 g Alcohol (0%) 0 g

Vitamins: Vitamin A 333.94 IU Thiamin 0.08 mg Riboflavin 0.2 mg Niacin 1.88 mg Pantothenic acid 0.43 mg Vitamin B6 0.13 mg Folate 24.93 mcg Vitamin B12 0.2 mcg Vitamin C 7.37 mg Vitamin E 0.46 mg ATE

Minerals: Calcium 69.07 mg Iron 3.18 mg Magnesium 66.29 mg Phosphorus 170.92 mg Potassium 343.88 mg Sodium 316.8 mg Zinc 1.31 mg Copper 0.27 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

Fiesta Quinoa Salad

DIRECTIONS:

1. Cook the quinoa using the stove top steaming method. Bring the broth to a boil and add in quinoa and salt to taste. Boil for 10 minutes. Drain quinoa and rinse with cool water. Rinse the pot and bring fresh water to a boil. Place quinoa in a metal colander and put over the boiling water. Cover with a clean dish cloth and lid. Steam for 10 minutes. Remove from heat and allow the quinoa to cool. (Alternatively, you could also cook the quinoa in a vegetable steamer.)
2. Meanwhile, in a large bowl, mix together corn, red pepper, scallions, cranberries, carrots, cilantro and 2 T of the red onion.
3. In your blender combine remaining 1 T of red onion, garlic, soy sauce, lemon juice, olive oil, cumin and dried chipotle pepper. Pulse until well combined.
4. Combine quinoa and vegetable mixture and toss with dressing. Top with almonds and pumpkin seeds.

1 cup of quinoa, rinsed
2 cups of chicken or vegetable broth
1 15oz can of corn, drained
1 red pepper, chopped
3 scallions, chopped
 $\frac{3}{4}$ cup dried cranberries
 $\frac{3}{4}$ cup carrots chopped
3 Tablespoons fresh cilantro
4 Tablespoons red onion, divided
3 cloves garlic, minced
4 T soy sauce
2 T lemon juice
 $\frac{1}{2}$ cup olive oil
1 tsp cumin
1/8 tsp dried chipotle pepper
 $\frac{1}{4}$ cup raw almonds, chopped and toasted (or pine nuts) (optional – not included in nutrition data)
 $\frac{1}{4}$ cup roasted pumpkin seeds (optional – not included in nutrition data)

Nutrition Facts Fiesta Quinoa Salad, 6 servings

Calories: 406.2 kcal Water 209.03 g Carbohydrate* (47%) 50.15 g Protein (7%) 8.9 g Total Fat (46%) 21.28 g Monounsaturated 14.22 g Polyunsaturated 3.02 g Saturated 2.95 g Cholesterol 0 mg Dietary Fibre 5.86 g Alcohol (0%) 0 g

Vitamins: Vitamin A 3126.66 IU Thiamin 0.14 mg Riboflavin 0.25 mg Niacin 3.32 mg Pantothenic acid 0.89 mg Vitamin B6 0.25 mg Folate 83.87 mcg Vitamin B12 0.05 mcg Vitamin C 53.4 mg Vitamin E 3.51 mg ATE

Minerals: Calcium 76.93 mg Iron 4.72 mg Magnesium 91.26 mg Phosphorus 213.89 mg Potassium 652.47 mg Sodium 1052.59 mg Zinc 1.59 mg Copper 0.37 mg

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.....psst, by the way, this is just the appetizer

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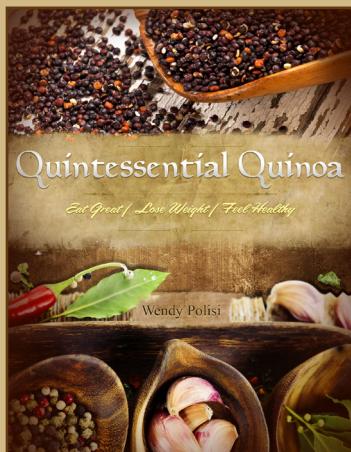
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Balsamic Quinoa Salad

DIRECTIONS:

1. Make dressing by combining vinegar, mustard, garlic, shallots and olive oil. Season to taste.
2. Add quinoa to three cups of boiling water. Boil for 10 minutes.
3. Rinse with cool water and place in a fine mesh colander. Boil water and place quinoa and sun dried tomatoes in the colander over the water. Cover with a kitchen towel and lid. Steam for 10 minutes. Allow to cool.
4. Cook red pepper in a small skillet until tender.
5. Combine pepper and remaining ingredients with quinoa. Add dressing (I typically only use 1/3 cup of the dressing and save the rest for leftovers and salad) and toss. Enjoy!

1/2 cup balsamic vinegar
1/4 – 1/2 cup best quality extra virgin olive oil (depending on if you are watching calories)
2 T Dijon mustard
6 cloves of garlic, minced
2 shallots, minced
Salt, pepper and cayenne pepper, to taste
1 1/2 cups quinoa
Bouillon cube
5 Sun Dried Tomatoes (Not in oil)
1 red pepper, chopped
4 oz blue cheese
1 can black beans (or 2 cups)

Nutrition Facts Balsamic Quinoa Salad, 8 servings

Calories: 312.8 kcal Water 87.03 g Carbohydrate* (47%) 37.07 g Protein (14%) 12.19 g Total Fat (38%) 13.78 g Monounsaturated 7.18 g Polyunsaturated 1.82 g Saturated 3.87 g Cholesterol 10.73 mg Dietary Fibre 6.93 g Alcohol (0%) 0 g Vitamins: Vitamin A 633.8 IU Thiamin 0.18 mg Riboflavin 0.28 mg Niacin 1.97 mg Pantothenic acid 0.79 mg Vitamin B6 0.22 mg Folate 64.53 mcg Vitamin B12 0.17 mcg Vitamin C 31.46 mg Vitamin E 1.33 mg ATE Minerals: Calcium 138.79 mg Iron 4.72 mg Magnesium 108.76 mg Phosphorus 289.15 mg Potassium 576.47 mg Sodium 606.99 mg Zinc 2.02 mg Copper 0.43 mg

*Note: USDA factors are used in calculating certain foods and do not necessarily follow the "4-4-9" method. Percentages may not always add up to 100. Data source: USDA Nutrient Database, R17

Quinoa Goat Cheese Risotto

DIRECTIONS:

1. Rinse quinoa in a fine metal sieve until your water turns clear.
2. Spray a skillet with cooking spray. Sauté spinach until tender. Set aside.
3. Heat butter and olive oil over medium heat. Add onion and sauté until tender. Add garlic and cook for one minute.
4. Add quinoa, wine and cayenne pepper. Cook until the wine is almost evaporated, stirring frequently.
5. Add enough broth to cover quinoa. Simmer uncovered over medium low heat. Add broth as the liquid absorbs and stir frequently. Cooking quinoa will take about 15 minutes
6. Stir in spinach in last two minutes of cooking.
7. Remove from heat and add salt, pepper and 3 ounces of the goat cheese. Stir.
8. Crumble remaining goat cheese, parsley, lemon zest and parmesan over the quinoa.

1 ½ cup quinoa
1 T olive oil
1 T Butter
1 onion, finely chopped
4 cloves garlic
1/8 tsp cayenne pepper
3 cups broth (chicken or vegetable)
½ cup white wine
1 lb spinach
4 oz goat cheese
Parmesan, parsley and
lemon zest for garnish

Nutrition Facts Quinoa Goat Cheese Risotto, 8 servings

Calories: 249.5 kcal Water 198.15 g Carbohydrate* (46%) 28.44 g Protein (16%) 11.14 g Total Fat (35%) 9.99 g Monounsaturated 3.31 g Polyunsaturated 1.27 g Saturated 4.43 g Cholesterol 15.04 mg

Dietary Fibre 3.53 g Alcohol (3%) 1.2 g

Vitamins: Vitamin A 5578.8 IU Thiamin 0.14 mg Riboflavin 0.38 mg Niacin 2.81 mg Pantothenic acid 0.47 mg Vitamin B6 0.27 mg Folate 137.51 mcg Vitamin B12 0.12 mcg Vitamin C 18.42 mg Vitamin E 1.5 mg ATE

Minerals: Calcium 133.89 mg Iron 5.1 mg Magnesium 122.26 mg Phosphorus 254.47 mg Potassium 718.67 mg Sodium 425.37 mg Zinc 1.61 mg Copper 0.48 mg

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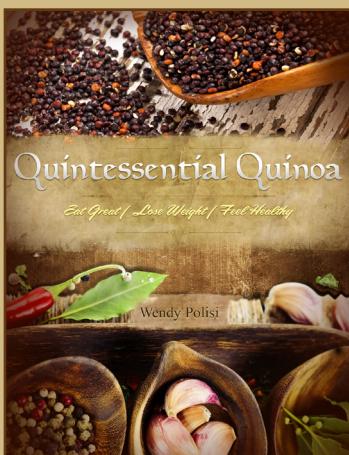
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Southwestern Quinoa Salad

DIRECTIONS:

1. In a large pot combine water and chicken bouillon and bring to a boil. Add quinoa and salt and boil for 10 minutes.
2. Remove from heat and rinse quinoa and place in a fine metal sieve or fine colander. Bring a fresh pot of water to boil. Place quinoa in the sieve over it. Cover with a kitchen towel and lid. Steam for 10 minutes. Remove from heat and allow to cool.
3. Meanwhile make the dressing by combining lime juice, cumin, chili powder, chipotle chili powder, vinegar, olive oil and garlic. (You can do this in a small bowl or in a blender)
4. In a separate bowl, combine black beans, corn, onion, red pepper, jalapenos and cilantro.
5. After quinoa cools, combine with black bean mixture. Stir in cheese if, desired.
6. Toss with dressing and serve at room temperature or chilled.

3 cups of water
Chicken or Vegetable Bouillon cube (or vegetable)
1 ½ cups of quinoa, rinsed
½ tsp sea salt (optional)
Juice from 3 Limes
2 tsp cumin
½ tsp chili powder
1/8 tsp ground chipotle chili powder (or cayenne)
2 T red wine vinegar
2 T olive oil
4 cloves of minced garlic
1 can black beans, drained
½ cup fresh or frozen corn (steam the corn if using fresh)
½ red onion, diced
½ cup roasted red pepper, diced
1 T minced jalapenos
¼ cup cilantro
½ cup queso fresco (optional)
Salt and pepper to taste

Nutrition Facts Southwestern Quinoa Salad, 8 servings

Calories: 228.4 kcal Water 75.02 g Carbohydrate* (65%) 37.59 g Protein (13%) 8.75 g Total Fat (22%) 5.72 g Monounsaturated 3.06 g Polyunsaturated 1.28 g Saturated 0.75 g Cholesterol 0.07 mg Dietary Fibre 6.34 g Alcohol (0%) 0 g

Vitamins: Vitamin A 376.05 IU Thiamin 0.18 mg Riboflavin 0.18 mg Niacin 1.47 mg Pantothenic acid 0.58 mg Vitamin B6 0.18 mg Folate 90.25 mcg Vitamin B12 0 mcg Vitamin C 24.36 mg Vitamin E 0.7 mg ATE

Minerals: Calcium 40.09 mg Iron 4.06 mg Magnesium 105.83 mg Phosphorus 210.29 mg Potassium 479.67 mg Sodium 204.6 mg Zinc 1.65 mg Copper 0.35 mg

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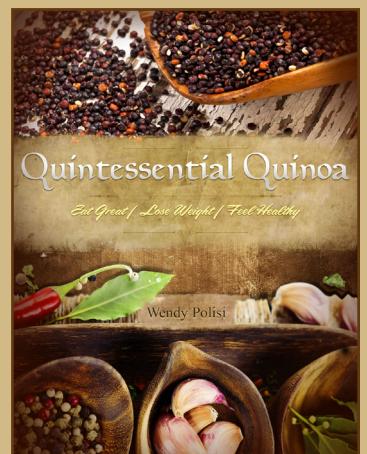
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Quinoa Gratin with Butternut Squash

DIRECTIONS:

1. Preheat oven to 350 degrees. Roast diced squash for 15 minutes.
2. Heat olive oil over medium heat. Add shallots and sage and cook for 10 minutes or until shallots are tender. Add in garlic and cook for another 30 seconds. Add in quinoa and squash and stir for another minute.
3. Add in broth, black pepper, sea salt and cayenne pepper. Bring to a boil and then reduce the heat to medium low. Cover and cook for 15 minutes or until most of the liquid is absorbed.
4. Move the quinoa mixture to an oven safe pan. In a small bowl, combine milk and eggs and pour over the quinoa mixture. Top with cheese and then bread crumbs.
5. Bake at 350 degrees for 30 minutes. If desired, broil for two minutes to brown the top. Enjoy!

4 cups peeled and diced butternut squahs
6 cloves of minced garlic
3 shallots, minced
1 tsp olive oil
1 cup of quinoa
1 ½ cups chicken broth
1 tsp sea salt
1 T fresh sage
½ tsp black pepper
¼ tsp cayenne pepper
2 eggs, beaten
½ cup milk
1 cup Gruyere cheese, shredded
½ cup bread crumbs

Nutrition Facts Quinoa Gratin with Butternut Squash, 8 servings
Calories: 246.8 kcal Water 140.61 g Carbohydrate* (48%) 30.45 g Protein (20%) 12.35 g
Total Fat (32%) 9 g Monounsaturated 3.02 g Polyunsaturated 1.21 g Saturated 3.92 g
Cholesterol 71.65 mg Dietary Fibre 3 g Alcohol (0%) 0 g
Vitamins: Vitamin A 7749.05 IU Thiamin 0.21 mg Riboflavin 0.27 mg Niacin 2.3 mg
Pantothenic acid 0.89 mg Vitamin B6 0.26 mg Folate 48.1 mcg Vitamin B12 0.54 mcg Vitamin C 16.16 mg Vitamin E 1.27 mg ATE
Minerals: Calcium 263.74 mg Iron 3.28 mg Magnesium 83.32 mg Phosphorus 276.71 mg
Potassium 538.88 mg Sodium 534.18 mg Zinc 1.85 mg Copper 0.28 mg

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Quinoa with Wild Rice & Apples

DIRECTIONS:

1. Preheat oven to 350 degrees. Place quinoa in a medium bowl and cover with water to soak while rice begins cooking. Bring broth, salt and 2 cups of water to a boil. Add wild rice and cover. Reduce the heat to medium-low and cook for 50 minutes. After 45 minutes, place quinoa in a fine metal strainer, and rinse for five minutes. Add quinoa to rice mixture and cook for another 20 minutes or until the liquid has all absorbed. You will want to check and make sure that you do not need to add more broth.
2. Heat oil over medium heat. Add onion and sage and cook for 10 minutes or until tender. Add garlic and cook for another 30 seconds.
3. Add cayenne and black pepper. Stir in quinoa mixture and cook until all liquid has absorbed.
4. Remove from heat and stir in cream cheese until blended. Add in cranberries and apples. If desired, top with white or yellow cheddar cheese.
5. Bake for 35 minutes. (If preferred, you can add cheese in the last 15 minutes.)

2 cups vegetable broth
1 tsp sea salt
1 cup of wild rice
1 cup of quinoa
1 T olive oil
1 red onion, finely chopped
4 cloves garlic, minced
2 T fresh sage, chopped
1/4 tsp cayenne pepper
1/2 tsp freshly ground black pepper
8 oz low fat cream cheese
1 cup dried cranberries, chopped
4 Red Delicious apples, chopped
1/2 cup cheddar cheese (optional)

Nutrition Facts Quinoa with Wild Rice and Apples, 8 servings

Calories: 336.2 kcal Water 143.21 g Carbohydrate* (66%) 56.75 g Protein (10%) 8.94 g Total Fat (24%)

9.16 g Monounsaturated 3.34 g Polyunsaturated 1.23 g Saturated 3.86 g Cholesterol 16.8 mg Dietary Fibre 4.41 g Alcohol (0%) 0 g

Vitamins: Vitamin A 232.6 IU Thiamin 0.17 mg Riboflavin 0.21 mg Niacin 2.31 mg Pantothenic acid 0.67 mg Vitamin B6 0.27 mg Folate 26.61 mcg Vitamin B12 0.22 mcg Vitamin C 4.06 mg Vitamin E 0.72 mg ATE

Minerals: Calcium 69.64 mg Iron 3.27 mg Magnesium 86.77 mg Phosphorus 217.48 mg Potassium 410.67 mg Sodium 525.2 mg Zinc 1.54 mg Copper 0.31 mg

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A B O U T T H E A U T H O R



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There she shares quinoa recipes and cooking tips with her more than 200,000 monthly readers, introducing them to quinoa and showing them that healthy and delicious can go hand in hand. Although she spends a great deal of time working on the website, her most important priority is her 5 and 6 year old boys whom she and her husband are homeschooling.

Wendy is an avid promoter of lifestyle design, proud graduate of the University of Florida and holds a Bachelor of Science in Business Administration.

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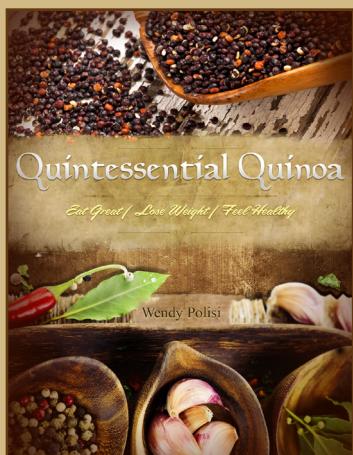
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