

Wendy Polisi



# Quinoa Fit

Recipes for sustainable weight loss,  
organic energy and optimal health

The Legal Mumbo Jumbolaya  
(Hot & Spicy Cajun Attorney Inspired)

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# Introduction

## Why Quinoa for Health?

Those of you who read my blog know me well enough to know that I'm not about to tell you that quinoa is your magical solution for weight loss and health.

I love quinoa, I think you should eat quinoa, but let's get real.

**There are NO quick fixes!** Weight loss is hard and all that hard work will be thrown out the window if you don't learn one thing – how to eat healthy FOR LIFE!

It has been said before but it is worth repeating – diets don't work.

The mere notion of eating a certain way for a short period of time and then going back to your old habits implies that at some point you are **planning** to gain back all the weight that you have lost. Why bother?

### So what does work?

Finding healthy meals that you actually like and making them a regular part of your diet. It is really that simple. Rather than thinking about all the things you can't have, focus on **adding** healthy foods to your diet.

This is where quinoa comes in. It is one of the healthiest foods that you can eat and done right it can also fill your need for comfort food.

### Keep it Simple

I want to add that simplicity is critical on your journey to health. You don't need to find 50 recipes that you like. Who here has started a diet plan that has you eating a different thing at every meal, seven days a week? It's hard not to get overwhelmed over the prospect of trying 21 new recipes in a week!

Instead, focus on finding one healthy recipe that you and your family like. When you've done that, find another. Continue this until you have at least



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seven healthy recipes that you and your family actually like. Make them a regular part of your meal plan. (And no, I'm not saying you should find seven quinoa recipes and feed your family quinoa every night of the week. Even I don't do that and we eat **a lot** of quinoa around our house.) Once you have that under control it is fun to branch out knowing that you have your go-to recipes to fall back on

## My Story

I firmly believe that quinoa has played a huge role in my road back to health. Although I'm nowhere near perfect, I can honestly say that I'm healthier in my 40's than I was in my early 30's.

When I met my husband, I was 26 years old and there is no denying it – I was buff. I ran almost daily, lifted weights with the guys and did kickboxing back when you had to go to a martial arts studio to find a class. I used to joke that if I didn't get bruises it wasn't a workout. Health was at the core of who I was – at least I thought so.

The problem is that I really didn't see the relationship between what I ate and my health. I thought that as long as I was working out five or six days a week, I was healthy.

I love food and we were lucky enough to be young, single and both of us made good money. This, coupled with our love for wine meant that one of our favorite things in the world to do was go out to nice dinners. And we did. A lot – often four or more nights a week. I never worried about calories and instead enjoyed the moment. In my mind I was young enough that it shouldn't matter.

When we weren't eating out, I was cooking gourmet meals at home. Bon Appétit was my best friend and back in those days the richer a dish was the better!

Flash forward six years and I'm sitting in the doctor's office. It's a routine visit and I'm actually annoyed to be there. I'm thinking to myself "get the prescription for your birth control pills refilled and get out of here as soon as you can ." (After all, we had dinner reservations that night!)

The nurse is taking my blood pressure and looks puzzled. She stops and looks at me in disbelief and doesn't say anything. She takes my blood pressure again. She leaves the room, still not saying anything. When she comes back she has another cuff and takes it for a third time. "Your blood pressure is really high." She finally says.

Ok, I think. How high could it be? I'm 32 years old and wouldn't qualify as buff anymore, but I'm still reasonably trim. I still get to the gym. Occasionally.

I then hear the number that will haunt me forever.

# 168 / 129!!!

I later find out that what this means is that the ripe old age of 32, I am the proud owner of stage 3 hypertension.

This is long before I develop a mistrust of modern medicine, so I do what most people do. I blindly start popping pills twice a day. Pills that seem to drain my energy and make my brain fuzzy. I start to feel old. Did I mention I was only 32?

My weight starts to creep up and despite this or the fact that I have such serious hypertension in the first place, not once does anyone mention my diet. No one suggests that I start exercising again. The only thing I ever hear is that the medicine will fix it. When pressed, my doctor tells me that I should plan on needing medication to regulate my blood pressure for the rest of my life.

It wasn't until I got pregnant with my son and endured the joys of that high risk pregnancy that I even started to question this. I was on medication for my blood pressure for the entire pregnancy with my oldest. When he was 5 months old, I found out I was pregnant again.

Determined to NOT go through all the additional testing and screening I'd endured the first time, I did something that in hindsight was pretty stupid.

Luckily it worked out for me.

I started eating healthier and took **myself** off the medication. (Don't do this, by the way.)

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I promised my OB that I'd take my blood pressure every day and if it was ever high I would go back on medication. Fortunately, it always hovered at just above normal – around 130/85 – which wasn't considered to be high enough to warrant medication during pregnancy.

This pregnancy ended uneventfully and now I was the proud mommy of two boys, just 14 months apart. I was in love with my babies, ecstatic and exhausted – things that I'm sure all moms feel.

Two and a half years later everything in my life felt heavy.

The challenge of having two and three year old boys was made even more stressful by the mortgage and real estate meltdown. The very industries that had paid for all those nice dinners out years before had all but vanished before our eyes and all that was left to do was pick up the pieces and try to move on.

At first, I ate my emotions and washed them down with wine after the boys were in bed. My weight ballooned up to 200 pounds. My high blood pressure returned, though I never went to the doctor for it. I was overwhelmed on every level and though I was only 36 years old, I honestly couldn't see the future.

It would be years before I would lose this feeling of being lost and sometimes it still haunts me. The truth is that weight gain for many of us can be tied to how we feel about the rest of our lives. You have to feel like you are worth the effort to eat healthy.

One of the things that helped me the most was finding Tosca Reno's Eat Clean Diet series. At the time, I wasn't ready to really eat clean or even to figure out what worked for me. I still didn't feel that I was worth it. After all, I had two small boys who required my full attention and I allowed myself to believe that I was doing the best thing to put all of my energy into them. But it was the first time that it really sunk in that it was food that was at the core of my health. I made some small steps and it was here that I discovered quinoa.

It was love at first bite and over the next couple of years, the way I felt about food began to evolve. I started thinking about real food versus processed food. I stopped taking the boys to fast food restaurants and renewed my passion for cooking. Slowly, I was beginning to realize that I needed to question everything I'd been brought up to believe about food and find my own truths. I was still

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obsessed with gourmet food, but I was always thinking how can I make this healthier?

My weight loss was **very** slow because I refused to follow any program that I couldn't follow for the rest of my life. I wasn't following a program, I was evolving as a person.

At first it was about a pound a month. Hardly impressive to those around you when you are starting off as heavy as I was! But I felt better and I was better for my boys. At 39 I went vegetarian and it was with this move that I believe I said goodbye to high blood pressure forever.

In the next year, without counting calories, consistent exercise or ever depriving myself, I lost about 2 pounds a month. It was slow, it was steady and it felt good!

I firmly believe that a plant based diet can go a long way towards restoring health, but that isn't why I did it. I've never liked meat and for the first time I respected myself to start eating how I wanted rather than how I had been taught to eat. I think that when you start being true to yourself everything just starts to work.

As I write this, I am 41 years old and expecting my first little girl to make her appearance in about 3 ½ months. My blood pressure these days hovers around 104/68 **with no medication.**

Not bad for a girl who was told nine years ago that she'd be on medicine for the rest of her life!

## Quinoa Nutrition

People who try quinoa for the first time often do so because they have been told that it a nutritious food that they should be including in their diets. Let's take a look at just what makes quinoa a "super food".

### The Perfect Protein

Most people know that quinoa is rich in protein, but what is important to understand that when you are talking about quinoa, is that it isn't the quantity of protein that is important. (Although 8 grams of protein per serving for a plant based food is pretty strong.) There are plenty of vegetarian foods that are rich in protein. Take beans, for example. Both wheat and oats have almost as much protein as quinoa, but barley, corn and rice have less than half of the protein content.

**Quinoa's nutritional significance is more about the quality of the protein than the quantity.**

The reason that quinoa is so important is because it is a perfect protein – often called "complete". It contains all 8 (or 9 depending on who you talk to) of the amino acids that we need for health. This is especially important to vegetarians and vegans, who in the past were encouraged to combine foods to meet their nutritional needs. (A practice we now know is not necessary.)

According to the Food and Agriculture Organization of the UN, the protein content of quinoa is of equivalent in quality to that found in dehydrated whole milk. Of course, quinoa doesn't have all the fat that whole milk does!

One reason that quinoa has gained so much attention is that it is particularly rich in lysine. This essential amino acid is required for cellular repair and also plays other important roles in the body, such as aiding in the absorption of calcium and helping collagen develop. Do you suffer from cold sores? If so, you want to pay careful attention to your lysine intake because new evidence suggests that lysine may help prevent outbreaks.

### More than Just Protein

The health benefits of quinoa go way beyond just the exceptional protein content. It is rich in enzymes, phytonutrients, antioxidants, fiber, vitamins and minerals. When you compare quinoa to corn, wheat or barley, it is higher in

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calcium, manganese, phosphorous, zinc, potassium, copper, magnesium and iron. Here a few other things to know about quinoa nutrition.

- Phytonutrients and antioxidants are believed to help stabilize blood sugar levels
- Quinoa is especially rich in manganese, which is known to activate enzymes for the metabolism of cholesterol and carbohydrates. It is also a great antioxidant that can help your body eliminate toxins.
- It is a good source of magnesium, which helps to relax blood vessels and muscles which may be helpful for those with both migraines and high blood pressure.
- The fiber content of quinoa can help to tone your colon and is believed to work as a pre-biotic, feeding micro flora to your intestines.
- Most grain foods are very acidic, which is believed to cause health issues. (This is why we here so much about following an Alkaline diet.) Quinoa is considered neutral, and is a good alternative for those who are concerned about a candida yeast overgrowth. Grains feed yeast and in some individuals can cause a systemic fungal infection with numerous health implications.

### A Look at Quinoa as Compared to Other Grains

Grain	Water	Protein	Fat	Carbohydrate	Fiber	Ash
Barley	11.1	8.2	1.0	78.8	.5	.9
Buckwheat	11.0	11.7	2.4	72.9	9.9	2.0
Corn	72.7	3.5	1.0	22.1	.7	.7
Millet	11.8	9.9	2.9	72.9	3.2	2.5
Oats	12.5	13.0	5.4	66.1	10.6	3.0
Quinoa	11.4	16.2	6.9	63.9	3.5	3.3
Rice	12.0	7.5	1.9	77.4	.9	1.2
Rye	11.0	9.4	1.0	77.9	.4	.7
Wheat	13.0	14.0	2.2	69.1	2.3	1.7

Source: Wood, R.T. Tale of a food survivor: Quinoa, East West Journal, April 1985 pp 64-68

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Here is a complete breakdown of the nutritional value of one cup of cooked quinoa:

Nutrient	Units	1.00 X 1 cup ----- 185g
<b>Proximates</b>		
Water	g	132.48
Energy	kcal	222
Energy	kJ	931
Protein	g	8.14
Total lipid (fat)	g	3.55
Ash	g	1.41
Carbohydrate, by difference	g	39.41
Fiber, total dietary	g	5.2
Starch	g	32.62
<b>Minerals</b>		
Calcium, Ca	mg	31
Iron, Fe	mg	2.76
Magnesium, Mg	mg	118
Phosphorus, P	mg	281
Potassium, K	mg	318
Sodium, Na	mg	13
Zinc, Zn	mg	2.02
Copper, Cu	mg	0.355
Manganese, Mn	mg	1.167
Selenium, Se	mcg	5.2
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.198
Riboflavin	mg	0.204
Niacin	mg	0.762
Vitamin B-6	mg	0.228
Folate, total	mcg	78
Folic acid	mcg	0
Folate, food	mcg	78
Folate, DFE	mcg_DFE	78

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Vitamin B-12	mcg	0.00
Vitamin A, RAE	mcg_RAE	0
Retinol	mcg	0
Vitamin A, IU	IU	9
Vitamin E (alpha-tocopherol)	mg	1.17
Tocopherol, beta	mg	0.06
Tocopherol, gamma	mg	2.20
Tocopherol, delta	mg	0.20
<b>Lipids</b>		
Cholesterol	mg	0
<b>Amino acids</b>		
Tryptophan	g	0.096
Threonine	g	0.242
Isoleucine	g	0.290
Leucine	g	0.483
Lysine	g	0.442
Methionine	g	0.178
Cystine	g	0.117
Phenylalanine	g	0.342
Tyrosine	g	0.154
Valine	g	0.342
Arginine	g	0.629
Histidine	g	0.235
Alanine	g	0.339
Aspartic acid	g	0.653
Glutamic acid	g	1.073
Glycine	g	0.400
Proline	g	0.444
Serine	g	0.326

**USDA National Nutrient Database for Standard Reference, Release 23 (2010)**

**Source:** [http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\\_nut\\_edit.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl)



## Get to Know Quinoa

Although the South American's have been cooking quinoa for centuries, unless your parents were more than a little progressive in the culinary sense, chances are it isn't a food that you grew up eating. Since the 80's it has slowly but surely been gaining popularity in North America and other parts of the world. At first it was simply a go-to protein source for vegans and die-hard health buffs. These days, however it is trending towards mainstream. It is not uncommon to find quinoa in the gluten free or health food section of your grocery stores and you can even find it on the menu of healthier dining establishments.

Queen-What?

It's hard to get to enthusiastic about a food that you don't even know how to pronounce so before we go on to talk about just what quinoa is let's get that out of the way.

**The correct way to say quinoa is “KEEN-wah”.**

### What is Quinoa?

Chenopodium quinoa is a member of the goosefoot family. Although you often hear it referred to as a grain, this is actually incorrect.

**Quinoa is a seed**, that is related to plants like beet, chard and spinach. Although the leaves can be eaten in the same way that you can eat spinach or chard leaves, it is the seeds that we refer to as quinoa. If you were to classify quinoa, the correct classification is a **pseudo-grain**, that is, a non-grain that is treated like a grain in cooking.

One of the best things about quinoa is that it is **non-GMO** and has not been hybridized. In a world where GMO's should be a major concern for all of us, quinoa's purity makes it an attractive staple part of our diets.

### Can I Grow Quinoa?

Really, that depends on where you live.

Quinoa thrives in sandy alkaline soil that is generally considered poor for most crops. It loves high elevation and tolerates both freezing and the sun. The reason it is so frost resistant is the size of the germ, which is much larger than other grains. (Though remember, it isn't a grain.)

Quinoa is native to Peru and Bolivia, but in the last twenty years, quinoa has been grown in many countries. It is now grown in Colorado and Canada, but a large portion of commercially available quinoa is still imported from South

American. You see yellow quinoa most of the time, but red and black quinoa is also sold. There are actually some 1800 varieties of quinoa!

## History of Quinoa

Quinoa has an interesting and colorful history. It has been called many things including the “mother grain of the Andes”, “Incan Gold” and “The mother of all grains. It is believed that quinoa has been cultivated since 3,000 B.C. in the high Andes Mountains.

In the time of the ancient Incas, quinoa was considered a sacred food. They referred to quinoa as la chisiya mama or “the mother grain”. It was considered particularly important for pregnant and nursing mothers as it was believed to improve milk supply.

Quinoa was the main component of the Andean diet, with animal protein falling into a secondary role. It is no surprise as a pound of seeds was enough to feed an Andean family of 10 for a year on just one acre of land! Each growing season the leaders would sow the first seeds with a golden trowel and prayers would be said for a good season. Armies would march for days with nothing more than “war balls” made up of quinoa and fat to sustain them.

### The Fall of Quinoa

With the rise of the Spanish rule, the popularity of quinoa fell. The Spanish were not fond of quinoa and referred to it as “Indian food”. They much preferred their own white rice. They also realized that quinoa gave the Incas strength, so they burned the quinoa fields and made it illegal to grow quinoa. As the act was punishable by death, the only places that quinoa survived was in the highest mountains of the Andes.

### A Slow Re-Birth

Flash forward to the 1970’s and the history of quinoa is no less interesting. Quinoa was brought to the United State from South America, by Don McKinley, who has been called the Quinoa Smuggler. He was working in South America as an importer and was immediately fascinated with quinoa. It was enough like rice that you would know what to do with it and it had sustained the Incas who ate very little meat for many years.

Although he saw its potential, it wasn’t until the 1980’s when he actively began working towards bringing quinoa to North America. Living in Boulder, Colorado at the time, he realized that there was a very good chance that quinoa would grow where he was. He sought out Steve Gorad, a colleague who traveled to Chile often, who was able to get him a 100 Kilo sack of seeds for growing quinoa.

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Gorad move to Boulder and the two planted some of the quinoa seeds in their back yards. They then contacted Dwayne Johnson, a new crops agronomist at Colorado State University. He was impressed with quinoa as well – so impressed that he was later quoted as saying,

***“If I had to choose one food to survive on, quinoa would be the best.”***

By 1982, McKinley and company had nailed down the process of growing quinoa. Quinoa Corporation was formed in 1983 as a joint venture between Sierra Blanca Associates (a non profit) President David Cusack, Steven Gorad and Don McKinley.

Between 1983 and 1987, just \$76,000 of taxpayer money was spent developing quinoa as a new crop in America. By 1995, the value of this crop was estimated at over \$5 million.

From 1984 to the present, sales of quinoa have continued to grow. Today, quinoa seeds grown in the United States are still imported from Bolivia.

# Getting Started

## How to Cook Quinoa

Although many times I cook quinoa within my recipes, from time to time a recipe does call for cooked quinoa. Here is my basic recipe for cooking quinoa.

### Ingredients

1 cup quinoa

1 1/4 cups cooking liquid

### Instructions

The first thing that you want to do when cooking quinoa is to rinse it. The exterior of the seeds are covered in a bitter substance called saponin. It not only will make your final dish taste terrible, but it can also cause stomach distress. To rinse quinoa, place it in a fine metal strainer and place a bowl or pot underneath. Rinse the quinoa until the water runs clear. (If you are concerned about wasting water, save the water and give your plants a drink!)

Add one part quinoa to one and a quarter parts liquid. As always, choose the liquid that best suits the dish you are making. Bring to a simmer (just before a boil) and then reduce to low (NOT medium low – you want the lowest setting on your stove!). Cover and cook for between 30 and 35 minutes. Remove from heat and let sit covered for an additional five minutes. Fluff!

Cooked quinoa will keep for up to a week in your refrigerator. You can also freeze it for up to several months.

## **Basic Recipes**

All of the recipes in this book that call for cooked quinoa will work perfectly with the plain quinoa recipe above. However, if you want to kick things up a notch in terms of flavor, you can try these basic recipes. They are intended to be used in salads, wraps and other dishes – but you could also serve them as a very simple side dish.

## Breakfast Quinoa

1 cup quinoa, rinsed

$\frac{3}{4}$  cup apple juice

$\frac{1}{2}$  cup water

$\frac{1}{2}$  teaspoon cinnamon

Pinch of salt

Place quinoa, apple juice, water, cinnamon and salt in a medium saucepan. Bring to a simmer. Reduce the heat to low and cover. Cook for 30 to 35 minutes. Remove from heat and allow to sit covered for 5 more minutes. Fluff and serve or refrigerate for up to one week.

## **Mediterranean Quinoa**

2 cups quinoa, rinsed

3 cloves garlic, minced

2 ½ cups vegetable broth

1 tablespoon lemon zest

1 teaspoon dried rosemary

1 teaspoon dried oregano

1 teaspoon dried marjoram

1 teaspoon sea salt

½ teaspoon fresh ground black pepper

Spray a medium saucepan with olive oil and add quinoa and garlic. Cook for 3 to 4 minutes. Add vegetable broth, lemon zest, rosemary, oregano, marjoram, salt and pepper. Bring to a simmer. Reduce heat to low and cover. Cook for 30 minutes. Remove from heat and allow to sit covered for 5 more minutes.

## Mexican Quinoa

1 onion, chopped fine

2 cloves garlic, minced

1 cup quinoa, rinsed

1 ¼ cups vegetable broth

1 teaspoon smoked paprika

½ teaspoon ground cumin

½ teaspoon chili powder

1/8 teaspoon chipotle chili powder OR cayenne pepper

Spray a medium saucepan with olive oil and add onion. Cook for 10 to 12 minutes or until tender. Add garlic and quinoa and toast for 4 to 6 minutes. Add vegetable broth, smoked paprika, cumin, chili powder, chipotle chili powder and salt. Bring to a simmer and then reduce heat to low. Cook for 30 to 35 minutes. Remove from heat and allow to sit covered for 5 minutes.

Fluff!



# Breakfast



## **Creamy Overnight Quinoa Muesli**

## Creamy Overnight Quinoa Muesli

We've all been hearing for years how a healthy breakfast is the most important meal of the day, but that doesn't help when you are running short on time. This overnight muesli is a great solution. I've even prepped this ahead of time, including the berries, almonds and syrup and taken it on the road!

1 apple

½ cup quinoa flakes

[½ cup cooked quinoa](#) OR [Breakfast Quinoa](#)

1 tablespoon flax seeds

1 tablespoon chia seeds

1 cup water

1 cup vanilla or mixed berry yogurt – soy, coconut or dairy

½ cup dried cranberries, cherries or strawberries

½ cup fresh berries

1 tablespoon slivered almonds

2 tablespoons maple syrup

Core the apple and grate using a box grater or food processor. Place in a small bowl and add quinoa flakes, cooked quinoa, flax seeds, chia seeds, water, yogurt and dried berries. Stir until well combined and refrigerate overnight.

Place muesli into 2 bowls and top with berries and almonds. Drizzle each bowl with a tablespoon of maple syrup and serve.

Servings 2, Calories 418, Fat 8.2g, Carbohydrates 70.8g, Protein 15.5g, Cholesterol 7mg, Sodium 96mg, Fiber 10g, Sodium 35g, WW Points 11



## **Peanut Butter Banana Smoothie**

## **Peanut Butter Banana Smoothie**

I am generally home to make breakfast, but on the days I am on the run, this is one of my go-to smoothies! If you are allergic to peanut butter, try almond butter or sun butter.

2 tablespoons quinoa flakes

1 cup almond milk

½ banana, peeled and sliced

1 tablespoon natural peanut butter

1 scoop protein powder (optional)

Stevia, to taste (optional)

Place all ingredients in a blender and process until smooth. Add ice if desired.

Servings 1, Calories 332, Fat 12.4g, Carbohydrates 34.2g, Protein 25.3g, Cholesterol 0mg, Sodium 184mg, Fiber 10.4g, Sugars 9g, WW Points 8

Note that nutritional information uses Garden of Life Raw Protein with 90 calories.



## Gluten Free Quinoa Pancakes

*Pancakes aren't exactly what you think of when you think of health food, but I've included them here because sometimes a girl just **needs** a treat for breakfast. This recipe helps you indulge every now and then without the guilt.*

## Gluten Free Quinoa Pancakes

1 cup whole wheat or gluten free flour blend  
2/3 cup quinoa flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
¾ teaspoon sea salt  
1 3/4 cup almond milk or milk of choice  
2 teaspoons lemon juice  
2 eggs or flax eggs  
1 tablespoon coconut nectar, maple syrup or agave  
1 tablespoon melted coconut oil  
1 teaspoon vanilla extract  
1 cup cooked quinoa OR Breakfast Quinoa

If using flax egg, combine 2 tablespoons ground flax seeds and 6 tablespoons of water. Stir well and set aside. (Skip this step if you are using eggs.)

Coat a griddle or skillet with cooking spray and heat to medium low or 350 to 375 degrees (for griddle).

Sift together flours, baking powder, baking soda and sea salt.

In a separate bowl combine almond milk, lemon juice, eggs or flax eggs, sweetener, melted coconut oil and vanilla extract.

Combine wet ingredients with the sifted flour and stir until combined. Add quinoa and mix well. Add more milk one tablespoon at a time if a thinner pancake is desired.

Drop batter onto griddle using ¼ cup measure. Cook until the bottom is golden brown and the air bubbles start to pop. Flip and cook 3 to 5 minutes longer

Servings 6, Calories 243, Fat 6.9g, Carbohydrates 37.2g, Protein 8.5g, Cholesterol 55 mg, Sodium 521mg, Fiber 4.9g, Sugars 2.7g, WW Points 6

## Quinoa Fit



## Cherry Banana Smoothie

## Cherry Banana Smoothie

Cherries are known to have anti-inflammatory compounds that can help with aches and pains and may also work to combat chronic disease. There is also research that suggests that tart cherry juice can help improve sleep/

¼ cup quinoa flakes

1 cup tart cherry juice

½ cup almond milk or milk of choice

1 banana, peeled and diced

1 tablespoon ground flax seeds (optional)

1 teaspoon vanilla extract

½ cup ice

In a blender combine quinoa flakes, cherry juice, almond milk, banana, flax and vanilla extract. Process until smooth. Add in ice and process for another minute. Transfer to a glass and serve immediately.

Servings 1, Calories 389, Fat 5.8g, Carbohydrates 75.9g, Protein 7.1g, Cholesterol 0mg, Sodium 119mg, Fiber 8.6g, Sugars 44.5g, WW Points 10





## Chocolate Quinoa Porridge

## Chocolate Quinoa Porridge

To me, this feels a bit like dessert in the morning – healthy dessert that is!

### Ingredients

- 1/3 cup [Quinoa Flakes](#)
- 1/2 tablespoon cocoa powder or cacao powder
- 3/4 cup water
- 1 teaspoon vanilla
- 1 tablespoon dried cherries
- 1 tablespoon sunflower seeds
- 1 tablespoon maple syrup
- 1/2 tablespoon coca nibs or chocolate chips
- 1/2 cup sliced strawberries

### Instructions

1. Bring quinoa flakes, cocoa powder and water to a simmer in a
2. medium saucepan. Reduce heat and simmer for about 7 minutes, or until
3. most of the liquid has absorbed. Stir occasionally to prevent
4. sticking.
5. Add vanilla, dried cherries, sunflower seeds and maple syrup and stir until
6. heated through. Transfer to a serving bowl and garnish with cocoa
7. nibs or chocolate chips and strawberries

### Notes

Servings 1, Calories 264, Fat 6g, Carbohydrates 46.5 g, Protein 6.3 g, Cholesterol 0 mg, Sodium 11 mg, Sugars 18.4 g, Fiber 5.7g, WW Points 7



## Quinoa Granola

*I've been a fan of granola since I was a child!*

*This is one of my favorite homemade versions.*

*It has all of the flavor of bought granola minus the added oil!*

*Since granola by nature is calorically dense,  
you'll want to watch your portions if weight loss is your goal.*

## Quinoa Granola

- ½ tablespoon olive oil
- 2 cups old fashioned rolled oats
- 1 cup quinoa , rinsed and allowed to dry slightly
- 1 cup almonds, chopped
- 2 T Chia Seeds
- 2 tsp ground cinnamon
- 1/2 tsp Pure Himalayan Salt
- 1/2 cup Organic Coconut Palm Sugar
- 1 T Organic Maple Syrup
- 1/2 cup applesauce
- ¼ cup water
- 1 T vanilla extract
- 1/2 cup Dried cranberries or cherries

Preheat oven to 300 degrees. Line a rimmed baking sheet with parchment paper.

Heat olive oil over medium heat. Add quinoa and cook for 5 to 6 minutes, stirring often to avoid burning. Remove from heat and place in a large bowl immediately. Add oats, almonds, and chia seeds to the bowl. Stir in cinnamon and sea salt.

In a saucepan combine coconut palm sugar, maple syrup, applesauce and water. Bring to simmer over medium and cook until sugar is melted. Stir in vanilla. The liquid mixture may seem too thin to you. Don't worry about it – it will absorb into the quinoa mixture.

Pour mixture over quinoa oat mixture and stir until well mixed. Place mixture in a single layer a cookie sheet and bake for 30 – 40 minutes, stirring and rotating positions of pan in the oven half way through. Watch it closely for the last 10 minutes – you don't want it to get to brown but if you don't allow it to cook long enough it will be slightly moist. Allow to cool completely before stirring.

Remove from pan and place in a large bowl. Toss with cranberries and serve or store in a sealed container.

## Quinoa Fit

Serving 8, Calories 329, Fat 11g, Carbohydrates 49.7g, Protein 9.7g, Cholesterol 0mg, Sodium 127mg, Fiber 4.9g, Sugars 13g, WW Points 9





## Chocolate Peanut Butter Quinoa & Oats

*This is one of my favorite sweeter breakfasts!*

*If you are looking to save on fat and calories, powdered peanut butter (like PB2) works great here too!*

## **Chocolate Peanut Butter Quinoa & Oats**

- 1 cup organic vanilla soy milk (or milk of choice)
- 1/4 cup oats (if you are GF make sure you use certified GF oats)
- 1/4 cup quinoa flakes
- 1 tablespoon cocoa powder
- 1/2 banana, diced (the riper the better!)
- 1 tablespoon ground organic flax seed
- 1/2 tablespoon natural peanut butter
- 1/2 tablespoon cashews, chopped
- 1 -2 teaspoons maple syrup (optional)

In a small saucepan combine milk, oats, quinoa flakes and cocoa powder. Bring to a simmer and then reduce heat to low. Add banana and flax seeds and stir until well combined. (You want the banana to almost disappear into the mixture.) Cook until liquid is absorbed, about 10 minutes. (This will depend on the type of oats you are using.)

Place in a serving bowl and top with peanut butter. Drizzle with maple syrup and top with cashews.

Servings 1, Calories 443, Fat 4.8g, Carbohydrates 67.1g, Protein 16.8g, Cholesterol 0mg, Sodium 126mg, Fiber 9.7g, Sugars 20.8g, WW Points 8



## Coconut Oatmeal and Quinoa

*This is one of my favorite ways to start the day!*



## Coconut Oatmeal and Quinoa

¼ cup Oatmeal

1 ½ cups almond milk or milk of choice

Pinch of salt

[½ cup cooked quinoa](#) or [Breakfast quinoa](#)

1 tablespoon maple syrup

1 tablespoon dried cranberries

1 tablespoon shredded coconut

1 tablespoon walnuts, chopped

Combine oatmeal, milk and salt in a small saucepan. Bring to a boil. Reduce heat to low and add in quinoa, maple syrup and cranberries. Cook until the desired consistency. Top with walnuts and coconut and serve warm.

Servings 1, Calories 350, Fat 14.4g, Carbohydrates 48.5g, Protein 9.8g, Cholesterol 0mg, Sodium 431mg, Fiber 8.1g, Sugars 12.7g, WW Points 8



## Quinoa Power Bars

*This is a great breakfast for those days where you just don't have time to sit down and eat!*

## Quinoa Power Bars

2 cups quinoa flakes

1 cup chopped cashews

½ cup raw sunflower seeds

1/3 cup ground flax seeds

1/3 cup chia seeds

¾ cup dried cherries, chopped

½ cup carob or chocolate chips

2 tablespoons coconut oil

2 tablespoons almond butter

½ cup unsweetened applesauce

2/3 cup maple syrup

2 teaspoons vanilla extract

½ teaspoon sea salt

Optional: Melted Chocolate, for drizzling

Preheat oven to 350 degrees. Line a rimmed baking sheet with parchment paper. Toss the quinoa flakes, cashews and sunflower seeds and toast for 25 to 30 minutes, stirring occasionally.

Place in a large bowl and allow to cool slightly. Add in flax seeds, chia seeds, dried cherries and chocolate chips.

In a small saucepan melt coconut oil. Add almond butter, applesauce and maple syrup. Bring to a bowl and lower heat to medium low. Cook for 3 minutes and stir in vanilla and sea salt. Pour mixture over dry ingredients.

Transfer mixture to a rimmed baking sheet lined with parchment paper and press into a rectangle. Bake for 10 minutes. Allow to cool and then place into refrigerator until firm. Cut into desired shape. Drizzle with chocolate if desired.

Servings 12, Calories 309, Fat 15.9g, Carbohydrates 35.3g, Protein 8g, Cholesterol 0mg, Sodium 101mg, Fiber 6.8g, Sugars 15.8g, WW Points 8

# Salads



## **Tortilla Quinoa Salad with Cilantro Lime Dressing**

*Did you know that avocados are loaded with potassium?*

*This mineral can help to prevent fluid retention. Say goodbye to bloat!*

## Tortilla Quinoa Salad with Cilantro Lime Dressing

### Ingredients

- 6 corn tortillas
- Olive oil spray
- 3 cups chopped romaine lettuce
- [2 cups cooked quinoa](#) OR [Mexican Quinoa](#)
- 1 ½ cups cooked black beans, drained and rinsed (about 1 can)
- 1 cup cherry or grape tomatoes, quartered
- 1 medium red onion, chopped
- 1 avocado, pitted, peeled and diced

### Cilantro Lime Dressing

- ¼ cup fresh lime juice
- 2 tablespoons maple syrup (or other liquid sweetener)
- 1 tablespoon balsamic vinegar
- 1 jalapeño seeded and diced
- 2 cloves garlic, minced
- ½ cup fresh cilantro leaves, chopped
- ½ cup water + 1 tablespoon chia seeds or ½ cup olive oil
- 1 teaspoon sea salt

### Instructions

1. Preheat oven to 350 degrees. Cut tortillas in half and then into ¼ inch strips. Place on a baking sheet and spray with olive oil spray. Salt and pepper to taste. Bake about 10 minutes, turning half way through.
2. Meanwhile, if using chia gel in place of the oil in the dressing combine chia seeds and water. Stir well and set aside.
3. In a large bowl combine lettuce, quinoa, black beans, tomatoes, red onion and avocado.
4. Make dressing by combining all ingredients in a food processor or blender and processing until smooth.
5. Toss salad with desired amount of dressing and top with tortillas strips.

Servings: 6

Prep Time: 10 minutes

## Quinoa Fit

Cook Time: 10 minutes

Total Time: 20 minutes

Calories 285, Fat 7.7g, Carbohydrates 46.9g, Protein 10.1g, Cholesterol 0 mg, Sodium 410mg (assuming canned beans – lower if you cook your own), Fiber 11.3g, Sugars 9.4g, WW Points 7



## **Artichoke, Arugula & Quinoa Salad**

*This classic combination is made healthier with the addition of quinoa.*



## **Artichoke, Arugula & Quinoa Salad**

2 cups cooked quinoa OR Mediterranean Quinoa

4 cups fresh arugula, chopped

14 ounces artichoke hearts, drained and rinsed

$\frac{3}{4}$  cup dried cherries (or cranberries)

4 green onions, chopped

$\frac{1}{2}$  cup walnuts, toasted and chopped

$\frac{1}{3}$  cup [Balsamic Vinaigrette](#)

In a medium bowl combine quinoa, arugula, artichoke hearts, cherries, green onions and walnuts. Toss with vinaigrette and serve.

Not including dressing:

Servings 4, Calories 259, Fat 11.2g, Carbohydrates 33.1g, Protein 11.6g, Cholesterol 0mg, Sodium 103mg, Fiber 9.8g, Sugars 2.6g, WW Points 7





## **Quinoa Salad with Garbanzo Beans, Sun Dried Tomatoes & Pickled Onions**

*I absolutely love the pickled onions in this salad,  
but if you are short on time feel free to use raw chopped onions.*

## **Quinoa Salad with Garbanzo Beans, Sun Dried Tomatoes & Pickled Onions**

½ cup red wine vinegar

¼ cup water

½ cup red onion, chopped

[1 cup cooked quinoa](#) OR [Mediterranean Quinoa](#)

1 cup cooked garbanzo beans, drained

½ cup sun dried tomatoes, rehydrated and chopped

½ cup fresh basil, chopped

[Balsamic Vinegar Dressing](#) (to taste)

Place red wine vinegar and water in a small saucepan. Bring to a boil and add onions. Remove from heat and add salt and pepper. Allow to sit for 5 minutes or more and drain. (The onions may be made ahead of time and stored in their liquid in the refrigerator.)

Combine all ingredients in a bowl. Toss with dressing and serve at room temperature or chilled.

Nutritional information excluding dressing:

Servings 4, Calories 151, Fat 3.3g, Carbohydrates 24.5g, Protein 5.8g, Cholesterol 0mg, Sodium 150mg, Fiber 2g, Sugars 3.7g, WW Points 4



## **Roasted Tomato, Corn & Quinoa Salad**

*This easy to make salad it taken up a notch by roasting the garlic and tomatoes.*

*If you are short on time, feel free to use purchased Balsamic Vinegar Dressing.*

## Roasted Tomato, Corn & Quinoa Salad

1 cup grape or cherry tomatoes  
4 cloves garlic, minced  
½ Tablespoon olive oil  
2 cups cooked quinoa  
1 cup frozen organic corn, thawed  
1 red onion, sliced thin

### [Balsamic Vinegar Dressing](#)

Preheat oven to 420 degrees. Toss tomatoes, garlic and olive oil in a medium bowl. Place on a parchment lined rimmed baking sheet and bake for 13 to 15 minutes.

Meanwhile, in a medium bowl combine quinoa, corn, and red onion.

When tomatoes are done add to the quinoa mixture, being sure to get all of the garlic from the pan. Toss with dressing and serve.

Servings 4, Calories 177, Fat 4g, Carbohydrates 31.9g, Protein 5.6g, Cholesterol 0mg, Sodium 9mg, Fiber 3.7g, Sugars 6.2g, WW Points 5

Nutritional information does not include dressing.



## **Mediterranean Quinoa Salad**

This salad is light and refreshing!

Using my Chia Seed Balsamic Vinegar makes it a very low fat and low calorie dish.

## Mediterranean Quinoa Salad

[2 cups cooked quinoa](#) OR [Mediterranean Quinoa](#)

8 ounces fresh asparagus, trimmed

1 red pepper, diced

1 cup grape tomatoes, halved

1 cup drained and chopped water packed artichoke hearts

½ cup fresh basil, chopped

½ cup [Balsamic Vinegar dressing](#)

Bring a pot of water to a boil. Add asparagus and cook for one minute. Drain and place in a ice water bath for five minutes. Drain and chop into one inch pieces.

In a large bowl combine quinoa, asparagus, red peppers, grape tomatoes, artichoke hearts and basil. Toss with balsamic vinegar dressing and serve chilled or at room temperature.

Servings 4 (as a side dish), Calories 142, Fat 1.9g, Carbohydrates 25.3g, Protein 6.3g, Cholesterol 0mg, Sodium 6mg, Fiber 5.2g, Sugars 3.3g, WW Points 3

Nutritional information does not include dressing.





## **Grilled Sweet Potato & Quinoa Salad**

I love grilled potatoes here, but roasted potatoes work great too!

To roast, bake on a parchment lined cookie sheet at 375 for 25 to 30 minutes or until tender.

## Grilled Sweet Potato & Quinoa Salad

### Salad

2 medium sweet potatoes

1 tablespoon olive oil

1 cup cooked quinoa

1 cup frozen corn, thawed

4 scallions, sliced thin

½ cup chopped cilantro

### Dressing

½ cup water + 1 tablespoon chia seeds or ½ cup extra virgin olive oil

1/3 cup lime juice

1 jalapeño, chopped fine

3 cloves garlic, minced

2 tablespoons Thai Sweet Chili Sauce

If using chia seeds, combine the chia seeds with water. Stir well and set aside for 10 minutes.

Preheat an indoor or outdoor grill to medium high heat.

Peel potatoes and cut lengthwise into ¼ inch slices. Combine with 1 tablespoon of olive oil and salt and pepper to taste.

Grill over indirect heat (on a grill) or place directly on an indoor grill. Cook for about 15 minutes per side or until tender. Chop to desired size.

To make dressing combine chia gel or oil with lime juice, jalapeño, garlic and sweet chili sauce. Whisk until combined.

Place sweet potatoes, quinoa, corn, scallions and cilantro in a large bowl. Add dressing and toss until combined.

Servings 4, Calories 248, Fat 6.2g, Carbohydrates 45.6g, Protein 5.6g, Cholesterol 0mg, Sodium 70mg, Fiber 7g, Sugars 5.5g, WW Points 6





## **Spinach, Strawberry & Quinoa Salad**

Did you know that an entire bunch of spinach has only 78 calories and is loaded with nutrients?

It's just another reason why I make spinach salads a regular part of my diet.

## Spinach, Strawberry & Quinoa Salad

### Ingredients

- 1 cup cooked quinoa
- 4 cups baby spinach
- ¼ cup chopped radish
- 2 oranges, peeled and sectioned
- 1 cup strawberries, hulled and sliced
- [Balsamic Vinaigrette](#)

### Instructions

1. Mix quinoa, spinach, radish, oranges and strawberries in a medium bowl. Toss with dressing and serve.

Servings 4, Calories 112, Fat 1.2g, Carbohydrates 23.5g, Protein 3.9g, Cholesterol 0 mg, Sodium 28mg, Fiber 4.6g, Sugars 10.6g, WW Points 3

*Nutritional information does not include dressing.*



## **Red & Yellow Pepper Quinoa Salad with Spicy Mustard Dressing**

*Though this salad is very simple, the dressing makes it special!*

*I usually double the dressing recipe so that I have some on hand for other uses!*

## Red & Yellow Pepper Quinoa Salad with Spicy Mustard Dressing

### Ingredients

- 1 cup cooked quinoa
- 1 head romaine lettuce, chopped
- 3 celery stalks, chopped
- 1 red pepper, seeded, cored and cut into strips
- 1 yellow pepper, seeded cored and cut into strips
- 1 small red onion, sliced thin (pickled if desired)

### Sweet Spicy Dijon Dressing

- 2 tablespoons apple cider vinegar
- 2 tablespoons Dijon mustard
- 1/2 chipotle chili in adobo sauce (use 1 for a VERY hot dressing)
- 2 tablespoons agave nectar, maple syrup or liquid sweetener of choice
- 3 cloves garlic, minced
- ½ cup water + 1 tablespoons chia seeds or ½ cup extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon fresh cracked black pepper

### Instructions

1. If using chia gel in place of the oil for the salad dressing, combine chia seeds and water and stir well. Set aside.
2. Meanwhile combine quinoa, romaine lettuce, celery, red pepper, yellow pepper and red onion in a large bowl.
3. Make the dressing by whisking together the chia gel or oil, apple cider vinegar, Dijon, chipotle chili, sweetener, garlic, salt and pepper in a small bowl. Toss desired amount of dressing with salad and serve immediately.

### Notes

Servings 4, Calories 160, Fat 4g, Carbohydrates 28.1g, Protein 5.5g, Cholesterol 0mg, Sodium 346g, Fiber 6.3g, Sugars 9.9g, WW Points 4

Using Olive Oil Increases Calories to 381 and fate to 29.7g, assuming you use all of the dressing. (Which you may not)



## Spicy Sweet Potato, Black Bean & Corn Quinoa Salad

*This salad is packed with flavor!*

*I love the heat from the chipotle chili but if you aren't a fan of heat you may want to use ½.*

## Spicy Sweet Potato, Black Bean & Corn Quinoa Salad

- 2 medium sweet potatoes, peeled and cut into chunks (about 5 cups)
- 1 tablespoon extra virgin olive oil
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt
- 2 cups frozen corn, thawed
- 2 cups cooked [quinoa](#)
- 2 cups cooked black beans, drained and rinsed (canned is fine)
- 4 scallions, sliced thin
- ½ cup chopped cilantro

### Dressing

- 1 chipotle chili (from a can of chipotles in adobo)
- 3 cloves garlic, minced
- 2 tablespoons Thai Sweet Chile Sauce
- 1/3 cup fresh lime juice
- ½ cup water + 1 tablespoon [Chia Seeds](#) or 1/2 cup extra virgin olive oil

### Instructions

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper or spray with oil.
2. In a large bowl combine sweet potato chunks, olive oil, coriander, cumin, chili powder and salt. Toss until well combined. Spread on prepared baking sheet in and single layer. Bake for 25 to 35 minutes, until sweet potatoes are tender. Allow the potatoes to cool slightly.
3. Meanwhile, if using chia gel in place of oil in the dressing, combine chia seeds and water and stir well. Set aside to allow a gel to form.
4. Steam the corn for about 3 minutes. Allow to cool slightly and combine with sweet potatoes, quinoa, black beans, scallions and cilantro.
5. Make the dressing by combining the chipotle chile, garlic, chile sauce and lime juice in a blender. Process until smooth. Add in chia gel or olive oil while the blender is running and process until well combined. Salt and pepper to taste. Pour desired amount of dressing over salad. Can be served chilled or at room temperature.

Servings 6, Calories 279, Fat 4.9g, Carbohydrates 50.9g, Protein 11.5g, Cholesterol 0mg, Sodium 363mg, Fiber 11g, Sugars 7.8g, Weight Watchers Points Plus 7



## Quinoa Fit



## Asian Quinoa Salad

*This is a fan favorite at [CookingQuinoa.net](http://CookingQuinoa.net)!*

## Asian Quinoa Salad

### Ingredients

- 1 cup cooked quinoa
- 2 cups spinach, chopped
- 1/2 cup Mandarin oranges, drained
- 1/4 cup dried cranberries
- 2 green onions, chopped
- 2 tablespoons fresh parsley, chopped
- 1/4 cup [Asian Dressing](#)
- 2 tablespoons toasted sesame seeds
- Peanuts (optional)

### Instructions

1. In a large bowl combine quinoa, spinach, oranges, cranberries, green onions and parsley. Toss with dressing and top with sesame seeds and peanuts. Serve at room temperature or chilled. Drizzle with additional dressing if desired.

### Notes

Servings 4, Calories 194, Fat 4.8g, Carbohydrates 31.6, Protein 7.3g, Cholesterol 0 mg, Sodium 18 mg, Fiber 4.4, Sugars 3.3, WW Points 5





## **Quinoa, Grape and Walnut Salad**

*This is an easy to make salad that is easily doubled for your next pot luck!*

## Quinoa, Grape and Walnut Salad

### Ingredients

- 2 cups cooked quinoa
- 1 cup seedless grapes, halved
- 1 cup celery, diced small
- ¼ cup walnuts, toasted and chopped
- ¼ cup fresh parsley, chopped
- 3 tablespoons dried currants or raisins
- 1 large shallot, chopped fine

[Balsamic Vinegar Dressing](#)

### Instructions

1. In a large bowl, combine quinoa, grapes, celery, walnuts, parsley, currants and shallots.
2. Toss with quinoa mixture with dressing and season to taste with salt and pepper.

Nutritional information excluding dressing:

Servings 4, Calories 173, Fat 6.4g, Carbohydrates 24.1g, Protein 6.2g, Cholesterol 0mg, Sodium 28mg, Fiber 3.4g, Sugars 4.8g, WW Points 4



## Apple Quinoa Salad Recipe

*This simple salad is packed with flavor!*

*If you don't have fresh chives on hand, give green onions a try.*

## Apple Quinoa Salad Recipe

### Ingredients

- 2 cups cooked quinoa
- 2 apples, cored and diced
- 1/3 cup dried unsweetened cherries or cranberries
- ¼ cup walnuts
- ¼ cup fresh chives, chopped
- ¼ cup prepared [Orange Dijon Dressing](#) or [Balsamic Vinegar Dressing](#)

### Instructions

1. Combine all ingredients in a large bowl and toss until well combined. Salt and pepper to taste. Serve chilled or at room temperature. Drizzle with additional dressing if desired.

### Nutritional information excluding dressing:

Servings 4, Calories 159, Fat 5.4g, Carbohydrates 25.5g, Protein 4.4g, Cholesterol 0mg, Sodium 3mg, Fiber 4.2g, Sugars 9.9g, WW Points 4



## **Southwestern Quinoa Salad with Avocado & Black Beans**

*This is a family favorite around our house!*

*The helps to stabilize blood sugar levels. This helps you stay fuller longer.*

## Southwestern Quinoa Salad with Avocado & Black Beans

### Ingredients

- 1 cup quinoa, rinsed
- 1 ¼ cup water
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon brown sugar
- ½ teaspoon ground coriander
- ½ teaspoon cumin
- 1 teaspoon salt

### Dressing

- 2 tablespoons lime juice
- 1 tablespoon olive oil OR ½ teaspoon
- 2 teaspoons agave nectar or honey
- 1 tablespoon hot sauce (more or less to taste/depending on hot sauce used)

### Salad

- 1 cup cooked black beans, drained and rinsed
- ½ cup grape tomatoes, quartered
- ½ cup red onions (Optional: use marinated red onions – see below)
- 2 scallions, chopped
- 1 avocado diced
- ¼ cup pine nuts

### Instructions

1. Optional: Make marinated onions by bringing ½ cup red wine vinegar to a boil. Remove from heat and add onions. Allow to sit for at least 15 minutes.
2. In a medium sauce pan combine quinoa, water, chili powder, garlic powder, brown sugar, coriander, cumin and salt. Bring to a simmer and then reduce heat to low. Cover and cook for 30 minutes. Remove from heat and allow to sit covered for an additional five minutes.
3. Meanwhile, in a small bowl combine lime juice, olive oil, agave nectar and hot sauce. Whisk until well combined.
4. In a large bowl combine cooked quinoa, black beans, grape tomatoes, red onions,
5. scallions and avocado. (Note: if you will not be serving at once wait until you are ready to serve to add avocado.) Toss with dressing and top with pine nuts.

### Notes

Servings 6, Calories 342, Fat 13.4g, Carbohydrates: 46.4, Protein 12.8, Fiber 10.1, Cholesterol 0mg, Sodium 469 mg, Fiber 10.1g, Sugars 4.7g, WW Points 9





## **Thai Black Rice and Quinoa Salad**

*This is a fantastic salad that is special enough to impress guests!*

*Recipe inspired by Clean Eating.*

## Thai Black Rice and Quinoa Salad

- 1 cup quinoa, rinsed
- 1 cup Forbidden Black Rice
- Pinch of Pure Himalayan Salt
- 3 cups vegetable broth

## Thai Dressing

- ¼ cup Seasoned Rice Vinegar
- 1 tablespoon olive oil, optional
- 3 tablespoons lime juice
- 3 tablespoons tamari (use gluten free if you are avoiding gluten)
- 1 tablespoon agave nectar (or sweetener of choice)
- 2 teaspoons Toasted Sesame Oil
- 1 tablespoon Sriracha Hot Chili Sauce (make sure GF)
- 5 cloves garlic, minced (more or less to taste)
- ½ teaspoon Pure Himalayan Salt
- ¼ teaspoon fresh ground black pepper

## Salad

- 1 mango, peeled pitted and diced
- 1 red pepper, seeded and diced
- ½ cup fresh cilantro (coriander), chopped
- 2 tablespoons fresh mint, chopped
- 6 green onions, white and green parts, chopped
- 4 tablespoons Raw Almonds , chopped
- 4 tablespoons sesame seeds ( I used Eden Organic Garlic and Sea Salt Sesame Seeds

1. In a large saucepan combine rice, vegetable broth and a pinch of sea salt. Bring to a boil. Add rinsed quinoa and reduce heat to low. Cover and simmer for 30 minutes. Remove from heat and allow to sit covered for five more minutes. Spread rice and quinoa mixture onto a baking sheet and allow to cool. Note: One thing that surprised me was that the rice did stain the quinoa. If you want to see the contrast in color, cook them separately. Also, make sure you check the rice package for cooking time. Mine said 25–30 minutes but if you have a different type of black rice it could take longer.
2. Meanwhile make dressing by combining rice vinegar, olive oil, lime juice, tamari, agave nectar, sesame oil, Sriracha, garlic, salt and pepper in a blender or whisk together in a small bowl. Set aside.



## Quinoa Fit

3. In a large bowl combine mango, red pepper, cilantro, mint and green onions. Add rice/quinoa mixture and toss with  $\frac{3}{4}$  of the dressing. (Use remaining dressing to drizzle on top or save it for leftovers.) Top with almonds and sesame seeds and serve at room temperature or chilled. Salad does very well in the refrigerator so it is great for planned leftovers!

Servings 8, Calories 280, Fat 9.2g, Carbohydrates 42.2g, Protein 10g, Cholesterol 0mg, Sodium 701mg, Fiber 4.7g, Sugars 8.2g, WW Points 7



## **Blueberry & Walnut Quinoa Salad**

*If you don't have champagne vinegar on hand just substitute another vinegar.*

*White balsamic or white wine vinegar would be good choices.*

## Blueberry & Walnut Quinoa Salad

### Ingredients

2 cups cooked quinoa  
½ cup walnuts  
2 cups blueberries  
1 orange, peeled and cut into segments  
1 tablespoon orange zest  
½ cup orange juice  
3 tablespoons Champagne Vinegar  
2 teaspoons Dijon mustard  
1 tablespoon fresh parsley  
½ teaspoon Pure Himalayan Salt  
½ teaspoon fresh ground pepper  
2 teaspoons Chia Seeds  
¼ cup water

### Instructions

1. Combine water and chia seeds and mix well. Set aside for 15 minutes.
2. In a large bowl combine quinoa, walnuts, blueberries and orange.
3. In a blender combine orange juice, champagne vinegar, mustard, parsley salt and pepper. Add chia seed mixture and process until smooth.
4. Toss quinoa mixture with dressing and serve at room temperature or chilled.

Servings 4, Calories 290, Fat 12.2g, Carbohydrate 39.6g, Protein 9.4g, Cholesterol 0mg, Sodium 33mg, Fiber 7g, Sodium 14.4g, WW Points 8

## Quinoa Fit



## Mexican Quinoa

*This is one of the most-loved recipes from the website!*

*I gotta admit – it's a favorite of mine too!*



## Barbecue Ranch Quinoa Salad

*This is a great side dish for a cookout!*

## Barbecue Ranch Quinoa Salad

- 1 cup cooked quinoa
- 1 ½ cups cooked pinto beans, drained and rinsed (about 1 can)
- 1 cup quartered cherry or grape tomatoes
- ½ cup frozen corn, thawed
- ½ medium red onion, chopped
- 1 cup chopped romaine lettuce or mixed greens

### Dressing

- 3 tablespoons light Vegan Mayo or Low Fat Mayo
- 1 tablespoon almond milk or milk of choice
- 1 tablespoon gluten free barbecue sauce
- 1 teaspoon onion powder
- 1 teaspoon minced garlic
- 1 tablespoon fresh parsley, minced or 1 teaspoon dried parsley

### Tortillas

- 4 corn tortillas, cut into strips
- 1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Arrange tortilla strips in a single layer. Bake for 10 to 12 minutes, checking towards the end to avoid burning.
- 2. Meanwhile, in a large bowl combine quinoa, pinto beans, chopped tomato, corn and red onion. Add lettuce or mixed greens if serving immediately. (Otherwise wait to add the greens until you toss and serve.)
- 3. In a small bowl combine veganaise, milk, barbecue sauce, onion powder, garlic and parsley. Whisk well until smooth.
- 4. Toss ¾ of dressing with quinoa mixture and lettuce. Drizzle with additional dressing or barbecue sauce as desired.

Servings 4, Calories 294, Fat 5.4g, Carbohydrates 52g, Protein 11.8g, Cholesterol 0mg, Sodium 250mg, Fiber 12.5g, Sugars 6.7g, WW Points 7





## Kale and Apple Quinoa Salad

*Dark leafy greens like kale are loaded with phytochemicals and magnesium.  
Both of these have been shown to help combat internal inflammation.*

## Kale and Apple Quinoa Salad

### Dressing

- 3 tablespoons apple cider vinegar
- 3 tablespoons balsamic vinegar
- 1/3 cup raw sunflower seeds
- 2 tablespoons water
- 2 tablespoons olive oil (or additional water)
- 1 ½ tablespoons agave nectar
- ½ teaspoon sea salt
- ½ teaspoon fresh ground black pepper

### Salad

- 4 cups torn kale
- 2 cups cooked quinoa
- 1 cup chopped Granny Smith Apple
- ½ cup chopped celery
- ½ red onion, sliced thin

### Instructions

1. In a blender or food processor combine apple cider vinegar, balsamic vinegar, sunflower seeds, olive oil, water, agave nectar, sea salt and pepper. Process for 2 to 3 minutes until smooth, adding water if necessary to reach desired consistency.
2. Place kale in a large bowl. Cover with ½ of the dressing and massage into the leaves. Allow to sit for 10 minutes. Add quinoa, apple, celery and red onion. Toss well adding additional dressing as desired. If desired, top with nuts or additional sunflower seeds

### Notes

Calories 264, Fat 11.2g, Carbohydrates 36.5 g, Protein 7.1g, Cholesterol 0mg, Sodium 279mg, Fiber 4.7g, Sugars 9.9g, WW Points 7



# Wraps & Tacos



## Chipotle Black Bean & Quinoa Wraps

*Who says you can't enjoy a creamy sauce while trying to stay fit?*

*If Mayonaisse isn't your thing, try using Greek Yogurt!*

## Chipotle Black Bean & Quinoa Wraps

### Ingredients

- [1 cup cooked plain](#) or [Mexican Quinoa](#)
- 1 ½ cups black beans, drained and rinsed
- ½ cup diced red onions
- 1 tomato, seeded and diced
- 2 cups romaine lettuce, chopped
- ½ cup alfalfa sprouts
- 1/2 recipe chipotle sauce (recipe below)
- 4 large whole wheat or brown rice tortillas

### Instructions

1. Mix quinoa and black beans together in a medium bowl. Lay tortilla flat and top with a tablespoon of chipotle sauce. Place quinoa mixture on tortilla and top with onions, tomato, lettuce and sprouts. Drizzle with additional sauce if desired. Roll tortilla and cut in half to serve.

### Notes

Nutritional Information excluding chipotle sauce (so you can adjust for the type of mayo you use): Servings 4, Calories 255, Fat 1.9g, Carbohydrates 47.7g, Protein 12.1g, Cholesterol 0mg, Sodium 253 mg, Fiber 11.2g, Sugars 3.1g, WW Points 6

Total Calories Per serving with Fat Free Mayonnaise used in Chipotle Sauce: 275

## Chipotle Sauce

### Ingredients

- ½ cup tofu mayo, non-fat Greek Yogurt, or mayo of choice
- 2 tablespoons almond milk
- 1 tablespoon lime juice
- 1 chipotle chili pepper in adobo sauce
- 1 teaspoon minced garlic
- ½ teaspoon sea salt
- ¼ teaspoon fresh ground black pepper

### Instructions

1. Combine ingredients in a blender or food processor and process until smooth.

### Notes

## Quinoa Fit

Serving 8, Calories 20, Fat .9g, Carbohydrates 2.5g, Protein 1.1g, Cholesterol 0 mg, Sodium 218 mg, WW Points 1(Using fat free Nayonaise – 80 calories total mayo in recipe)



## **Mediterranean Chick'n Lettuce Cups**

*I love serving this for a light luncheon with friends!*

*It's healthy but oh so delicious!*

## Mediterranean Chick'n Lettuce Cups

10 ounces tempeh, Gardein Chick'n or chicken of choice, diced

½ teaspoon salt

¼ teaspoon fresh ground black pepper

1 teaspoon fresh oregano or ¼ teaspoon dried

1 tablespoon fresh parsley or 1 teaspoon dried

[1 ½ cup cooked plain](#) or [Mediterranean Quinoa](#)

1 red onion, sliced

½ cup canned artichoke hearts, drained and diced

½ cups pitted black olives, drained and chopped

1 tablespoon capers, drained and chopped

1 plum tomato, seeded and diced

12 Bibb or butter lettuce leaves, washed and separated

6 tablespoons [Balsamic Vinegar Dressing](#)

Heat a large skillet to medium heat. Spray with olive oil and add tempeh, chick'n or chicken. Sprinkle with oregano, parsley, salt and pepper. Cook until browned and cooked through. Add in quinoa, onion, artichoke hearts, black olives, capers and tomatoes. Cook for 4 to 6 more minutes.

Spoon mixture into each lettuce leaf and drizzle with a ½ tablespoon of balsamic vinegar dressing.

Please note that Gardein Vegan Chick'n is not appropriate for those on a gluten free diet.

With tempeh: Servings 6, Calories 189, Fat 6.7g, Carbohydrates 22g, Protein 11.5g, Cholesterol 0mg, Sodium 357mg, Fiber 8.2g, Sugars 1.3g, WW Points 5

With Chicken: Servings 6, Calories 160, Fat 3.6g, Carbohydrates 15.2g, Protein 16.8g, Cholesterol 36mg, Cholesterol 383mg, Fiber 4.4g, Sugars 1.3g, WW Points 4



## **Mediterranean Quinoa Wrap**

I love wraps for lunch and this is one of my favorites!

I especially like it with roasted red pepper hummus.

## Mediterranean Quinoa Wrap

1 ½ cups cooked [Mediterranean Quinoa](#) OR [plain cooked quinoa](#)

8 sun dried tomatoes, rehydrated and chopped

1 cup water packed artichoke hearts, chopped

¼ cup olives, chopped

2 tablespoons lemon juice

2 cloves garlic, minced (less if you don't like raw garlic)

8 tablespoons hummus

4 gluten free or whole wheat wraps

1 cup baby spinach

4 teaspoons balsamic vinegar

In a medium bowl combine quinoa, sun dried tomatoes, artichoke hearts, olives, lemon juice and garlic.

Spread 1 ½ tablespoons of hummus on each tortilla. Add quinoa mixture and spinach and drizzle with balsamic vinegar. Wrap tightly, using toothpicks to secure if necessary. Cut in half and serve or wrap tightly in aluminum foil for later.

Servings 4, Calories 264, Fat 8.7g, Carbohydrates 46g, Protein 10.6g, Cholesterol 0mg, Sodium 545mg, Fiber 12.2g, Sugars 0g , WW Points 7

Note that nutritional information uses a 111 calorie wrap.



## Curried Quinoa Tacos with Garlic Lime Cream Sauce

*Our family loves tacos, but every now and then I like to put a new twist on our old favorite.*

*Give this one a try and you will see why mixing it up every now and then can be fun!*



## **Curried Quinoa Tacos with Garlic Lime Cream Sauce**

1 sweet onion  
1 cup cooked quinoa  
8 ounces tempeh, shredded or browned ground meat of choice  
½ cup fresh cilantro, chopped  
2 teaspoons hot curry powder  
1 teaspoon turmeric  
1/4 cup hot mango chutney  
1 tablespoon fresh lime juice  
8 corn tortillas or crunchy taco shells  
½ red bell pepper, chopped  
2 cups shredded cabbage  
¼ cup chopped cashews

### **Garlic Lime Cream Sauce**

½ cup Greek Yogurt – non-fat dairy or non-dairy  
1 teaspoon lime zest  
2 tablespoons lime juice  
2 cloves garlic, minced

If you are using crunchy taco shells, heat oven according to package directions.

Spray a large skillet well with olive oil and add onion. Cook for 8 to 12 minutes, until tender. Add quinoa, tempeh (or ground meat), cilantro, curry powder, turmeric, and mango chutney. Stir until well combined and cook for 5 to 7 minutes. Remove from heat and stir in lime juice.

Meanwhile, if you are using corn tortillas, heat a small skillet to medium. Heat tortillas a few minutes per side to make pliable. Wrap in foil to keep warm. Alternatively, bake taco shells according to package directions.

## Quinoa Fit

Make cream sauce by mixing yogurt, lime zest, lime juice and garlic in a small bowl

Top heated tortillas or taco shells with tempeh (or ground meat) quinoa mixture, red pepper and shredded cabbage. Drizzle with yogurt mixture and top with cashews.

Servings 8, Calories 210, Fat 6g, Carbohydrates 29.2g, Protein 11.6g, Cholesterol 2mg, Sodium 75mg, Fiber 5.6g, Sugars 6.0g, WW Points 5



## Chipotle Quinoa Tacos

*This is one of my husband's all time favorite quinoa recipes!*

*If you have never tried tempeh, I encourage you to give it a try.*

## Chipotle Quinoa Tacos

### Ingredients

- 8 ounces tempeh \*\*\*see note for alternatives
- 1 1/2 cups cooked plain or [Mexican Quinoa](#)
- 2 chipotle chili peppers + 1 tablespoon adobo sauce
- 2 limes, juiced
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 2 tablespoons taco seasoning (You can make your own if you like)
- 1 tablespoon agave, [Organic Maple Syrup](#) or brown sugar
- 4 cloves garlic, minced
- 1 teaspoon liquid smoke (optional)
- 1/3 cup water
- 1 box taco shells (12) – I use [organic](#)
- For serving: shredded lettuce, corn, chopped red onions, chopped tomatoes, salsa, cheese, sour cream

### Instructions

1. Steam tempeh for 10 minutes and set aside to cool.
2. In a blender or food processor combine chipotle peppers, adobo sauce, lime juice, soy sauce, olive oil, taco seasoning, sweetener and garlic. Add liquid smoke if using and water. Process until smooth and transfer to a bowl.
3. Place tempeh in a dry food processor and process until it is the consistency of ground beef. (You can also use a hand grater.) Place tempeh in the bowl with the marinade and stir well. Add quinoa and stir until well combined. Allow to marinate for one hour or overnight.
4. Preheat oven and bake taco shells according to package directions.
5. Meanwhile, heat a skillet over medium heat and spray well with olive oil. (If you want the mixture to get crispy, add a little more oil.) Add tempeh and quinoa mixture and cook for 7 to 9 minutes. (I actually added 1/2 cup Daiya cheese in the last couple of minutes of cooking.)
6. Line warm shells with tempeh/quinoa mixture and top with desired fixings!

Note: If you don't want to use tempeh there are several other options to enjoy these tacos. One alternative is to use 3 cups of cooked quinoa. You could also use chopped chick'n and proceed as directed, making sure you cook long enough to get the chick'n cooked. Meatless crumbles would also work well. For you meat eaters, simply half the marinate and use it on the meat (ground beef or chopped chicken of your choice) Cook the meat through and then add the quinoa once your meat is cooked.

## Quinoa Fit

### Notes

Servings 12, Calories per taco (not including fixings) 145, Fat 6.2g, Carbohydrates 17.6g, Protein 5.4g, Cholesterol 0g, Sodium 130mg, Fiber 2.9g, Sugar 1.1g, WW Points 4



## Quinoa Collard Wraps

*If you have never tried collard wraps, you simply must!*

*Switching out bread for greens is one of the best ways to improve nutrition  
and cut calories that I've found!*

## Quinoa Collard Wraps

### Ingredients

- 8 large collard leaves
- 2 cups hummus (1/4 cup per leaf)
- 2 cups cooked plain or [Mediterranean Quinoa](#)
- 1/2 cup red pepper, chopped
- 1/2 cup shredded carrots
- 2 green onions, chopped
- 1/2 cup sprouts
- 1 avocado, sliced
- Drizzle of [Balsamic Vinegar Dressing](#) (or any dressing of choice)

### Instructions

Cut off the portion of the stalk with no leaf. Soak leaves in a mixture of warm water and apple cider vinegar for about 15 minutes.

Shave down the thick part of the stalk until it is just a little thicker than the leaf, being careful not to cut the leaf.

In a medium bowl combine quinoa, red pepper, carrots and green onions.

Spread hummus on the side of the collard leaf that you didn't cut.

Top with quinoa mixture, sprouts and avocado. Drizzle with balsamic vinegar dressing and fold.

### Notes

Servings 8, Calories 207, Fat 7.8g, Carbohydrates 22.5g, Protein 8.2g, Cholesterol 0mg, Sodium 251mg, Fiber 7.8g, Sugars 1.0g, WW Points 5g

Note: The hummus used for nutritional analysis was commercial hummus with 23 calories, 1.3 g Fat and 53 mg Sodium per tablespoon. I typically make my hummus with **no oil** and I cook dried chick peas which significantly lowers the sodium intake. Dressing is not included in nutritional information.

# Burgers & Patties



## **Black Bean & Quinoa Burgers**

*One thing I love about veggie burgers is that they are easy to make ahead and freeze well.*

*I often make a double batch and then freeze the uncooked patties so I have something on hand for those times when the boys are hungry and need something quick*



## **Black Bean & Quinoa Burgers**

- 1 large onion, diced
- ½ cup sun dried tomatoes, rehydrated
- 1 teaspoon minced garlic
- 1 ½ cups cooked quinoa
- 1 ½ cups black beans, drained and rinsed (about 1 can)
- ¼ cup all purpose gluten free flour blend
- 2 tablespoons gluten free barbecue sauce
- 2 teaspoons liquid smoke (optional)
- 1 teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 2 eggs or flax eggs
- 2 tablespoons coconut oil, for cooking

Heat a large skillet over medium heat and spray well with olive oil spray. Add onion and sun dried tomatoes and cook for 8 to 10 minutes. Add garlic and cook for an additional 30 seconds.

Meanwhile, if using flax eggs combine 2 tablespoons of ground flax seeds with 6 tablespoons of warm water. Stir well and set aside.

Place ½ of the onion mixture, ½ of the quinoa, ½ of the black beans in a food processor and blend for 2 minutes, until smooth. Transfer to a bowl and add remaining onion mixture, quinoa, beans, gluten free flour, barbecue sauce, liquid smoke, sea salt and pepper. Stir until well combined. Add eggs or flax eggs and mix well. Using your hands, form into 6 patties. If desired, you can refrigerate for at least 30 minutes to help the patties hold together better.

Melt coconut oil in a large skillet over medium heat. Make sure your pan is warm before adding your patties. Add the patties and cook for about 8 minutes per side, flipping once. Your patties will be ready to flip when the edges turn brown.

Servings 6, Calories 222, Fat 8.2g, Carbohydrates 28.8g, Protein 9.4g, Cholesterol 55mg, Sodium 496mg, Fiber 6.4g, Sugars 3.5g, WW Pts 6



## Chickpea Cakes with Cucumber Sauce

*According to research in Nutrition & Metabolism, the resistant starch found in chickpeas could help you burn up to 23% more fat!*

*I love to make these over the weekend so I have something healthy to grab when I'm in a hurry.*

## **Chickpea Cakes with Cucumber Sauce**

¾ cup quinoa flakes  
3 cups chickpeas , drained and rinsed (about 2 cans)  
2 cups cooked quinoa  
½ cup chickpea flour  
2 tablespoons flax seeds + 6 tablespoons warm water  
2 tablespoons tahini  
¼ cup cilantro, chopped  
3 scallions, sliced thin  
¼ cup chopped red pepper  
1 teaspoon chili powder  
1/8 teaspoon cayenne pepper  
½ teaspoon sea salt  
½ teaspoon fresh ground black pepper  
1 tablespoon coconut oil (more as needed)

### **Sauce**

1 cucumber, peeled, seeded and shredded  
Salt  
1 cup non dairy Sour cream or Greek Yogurt  
1 tablespoon fresh lime juice  
¼ cup fresh cilantro, chopped  
2 cloves garlic, minced  
2 scallions, sliced thin

## Quinoa Fit

Make flax eggs by combining flax seeds with warm water and setting aside.

Place quinoa flakes in a food processor and process until smooth. Add in chickpeas, quinoa and chickpea flour and process until mostly pureed but some large chunks remain.

In a medium bowl combine flax eggs, tahini, cilantro, scallions, red pepper, chili powder, cayenne pepper, salt and pepper. Stir in processed quinoa mixture and form into 8 equal patties, about ½ cup each.

Heat oil over medium heat. Add patties and cook until brown, about 6 minutes per side. Patties are ready to be flipped when the edges start to brown.

Serve with cucumber sauce.

### Make the Sauce

Make the cucumber sauce by placing shredded cucumber in a colander over a bowl. Sprinkle with salt and allow to sit for 20 minutes. Combine cucumber, sour cream, lime juice, cilantro, garlic and scallions in a medium bowl. Salt and pepper to taste. Refrigerate until ready to use.

Patties: Servings 8, Calories 255, Fat 7.9g, Carbohydrates 34.5g, Protein 11.2g, Cholesterol 0mg, Sodium 130mg, Fiber 7.6g, Sugars 2.2g, WW Points 6

Sauce, with Follow Your Heart Sour Cream: Servings 8, Calories 56, Fat 4.8g, Carbohydrates 4.9g, Protein .4g, Cholesterol 0 mg, Sodium 45mg, Fiber 2.2g, Sugars .8g, WW Points 2

Sauce, with non-fat Greek Yogurt: Servings 8, Calories 26, Fat .1g, Carbohydrates 3.2g, Protein 3.4g, Cholesterol 2mg, Sodium 32mg, Fiber 0g, Sugars 1.8g, WW Points 1



## Roasted Garlic Quinoa Patties

*I love these little garlic packed quinoa patties!*

*If you like garlic as much as I do, you will be happy to know that University of Adelaide research has shown that garlic can help to lower blood pressure.*

## Roasted Garlic Quinoa Patties

### Ingredients

2 heads garlic  
2 tablespoons Chia Seeds mixed with 6 tablespoons warm water OR 3 eggs  
2 cups cooked quinoa  
¼ cup Quinoa Flour (any flour will do)  
¼ cup Daiya cheddar cheese or cheddar cheese  
¼ cup Nutritional Yeast  
¼ cup chopped onion  
¾ teaspoon Pure Himalayan Salt  
¼ teaspoon ground black pepper  
½ cup parsley, chopped  
Olive oil spray

### Instructions

Preheat oven to 400 degrees. Cut top of garlic off and place in a small baking dish. Drizzle with olive oil and salt and pepper to taste. Cover tightly with foil. Bake for 30 – 35 minutes. Allow to cool and squeeze garlic cloves from garlic heads. Place in a large bowl and mash with a fork.

Meanwhile, mix chia seeds with water and stir well. Set aside. (Skip this step if you are using eggs.)

Add cooked quinoa, flour, cheese, nutritional yeast, onion, sea salt, ground black pepper and parsley to the garlic. Stir until well combined and garlic is evenly distributed. Add chia seeds and stir well. Form into small patties using a tablespoon measure.

Heat a pan to medium low heat for at least 5 minutes. Spray well with olive oil. Add patties and cook until a golden brown crust has formed. Flip and cook until brown. Repeat with remaining patties, spraying the pan as needed.

Servings 8, Calories 232, Fat 5.5g, Carbohydrates 36.7g, Protein 11g, Cholesterol 4mg, Sodium 249mg, Fiber 6g, WW Points 6



## Clean Eating Quinoa Patties

*I love these patties alongside a salad for a light lunch.*

*They are also great for snacking!*

## Clean Eating Quinoa Patties

1 tablespoon Organic Chia Seeds mixed with ½ cup water  
1 cup quinoa , rinsed  
Olive oil spray  
1 onion, diced  
2 cloves garlic, minced  
Vegetable bouillon cube  
1 ¼ cups water  
1 carrot, peeled and shredded  
½ red pepper, diced  
½ cup Raw Sunflower Seeds  
2 tablespoons fresh parsley  
1/8 – ¼ teaspoon crushed red pepper  
½ teaspoon Pure Himalayan Salt  
¼ teaspoon fresh ground black pepper  
Olive oil spray

Combine chia seeds with water and stir well. Set aside.

Heat a skillet to medium, and spray with olive oil. Add quinoa and toast for about four minutes, stirring and shaking frequently.

In a saucepan, heat olive oil spray to medium high. Add onion and cook for eight minutes. Add garlic and cook one minute longer. Add quinoa, bouillon cube and water. Bring to a simmer. Reduce heat to low and cover. Cook for 30 to 35 minutes. Remove from heat and allow to sit covered for five minutes. Allow to cool slightly before proceeding.

In a large bowl combine carrot, bell pepper, sunflower seeds, parsley, crushed red pepper, salt and pepper. Add quinoa mixture and chia seed mixture and stir to combine.

Using a 1/4 cup measure, measure out patties. Place on a parchment lined dish and refrigerate for 20 minutes.

Spray a large pan with olive oil and heat to medium low. (Or, use a griddle or Griddler) Cook for about 8 minutes per side, or until brown.

Servings 8, Calories 114, Fat 3.6g, Carbohydrates 17.1, Protein 4.2g, Cholesterol 0mg, Sodium 86mg, Fiber 2.9g, Sugars 1.4g, WW Points 3





## Baked Veggie Quinoa Patties

*I love the veggies in these quinoa patties!*

*Feel free to substitute your favorites – kale, spinach and shredded carrots are all great here.*

## Baked Veggie Quinoa Patties

### Ingredients

- 2 tablespoons ground flax seeds mixed with 6 tablespoons water OR 2 eggs
- 2 cups cooked quinoa
- 1 cup frozen peas, thawed (I used a peas and carrot combo)
- ¼ cup red pepper, chopped
- ¼ cup broccoli, chopped
- 2 shallots, chopped (onions would work too)
- 2 teaspoons garlic, minced
- ½ cup Daiya Cheddar OR cheddar cheese
- 2 tablespoons flour (brown rice or whole wheat)
- ½ teaspoon smoked paprika

### Instructions

1. Preheat oven to 400 degrees.
2. In a small bowl combine flax seeds and water. Set aside.
3. In a large bowl combine quinoa, peas, red pepper, broccoli, shallots, garlic and cheese. Stir to combine. Add flour and paprika. Salt and pepper to taste. (I also added in a couple tablespoons of nutritional yeast.) Add in flax mixture.
4. Line a baking sheet with parchment paper. Form small patties (if they are too big they won't cook through) and place on baking sheet. Bake for 20 minutes. Flip and bake 5 to 8 more minutes.

SAUCE: 1/2 cup tofu mayo (or mayo, Greek Yogurt, Sour Cream), 1 tablespoon siracha, 1 tablespoon ketchup and 1/2 teaspoon of parsley.

Servings 4, Calories 234, Fat 8g, Carbohydrates 29.6g, Protein 11.2g, Cholesterol 15mg, Sodium 121mg, Fiber 5.7g, Sugars 2.3g, WW Pts: 6



## Quinoa Kale Fritters

*Quinoa and kale – does is get any healthier?*

*If you would rather not use any oil in cooking these, I recommend using an indoor grill.*

*You can also bake them at 375 degrees for 15 minutes per side, or until golden brown.*

## Quinoa Kale Fritters

3 cups cooked quinoa  
2 cups Kale, blanched and chopped fine  
1/2 cup chopped onion  
2 teaspoons Tabasco (more or less to taste)  
1 tablespoon apple cider vinegar  
1/4 cup whole wheat flour  
1/4 cup nutritional yeast  
2 tablespoons hemp seeds  
1 teaspoon garlic powder  
1 teaspoon onion powder  
3/4 teaspoon sea salt  
1/4 teaspoon black pepper  
1/3 cup ground flax seeds mixed with 1 cup water OR 5 eggs  
Coconut oil or olive oil, for cooking (I used a tablespoon – more will yield a crisper crust)

Combine ground flax seeds and water and set aside for 10 minutes, until the mixture resembles a gel.

In a large bowl combine quinoa, kale, onion, Tabasco and apple cider vinegar. In a separate bowl combine whole wheat flour, nutritional yeast, hemp seeds, garlic powder, onion powder, sea salt and black pepper. Combine the flour mixture with the quinoa and toss until well coated.

Combine flax mixture with the quinoa mixture and stir well. The mixture should be very moist. Form into small balls or patties.

Preheat a skillet to medium low heat for five minutes. Add oil and allow to get warm for another minute and then add patties. Cook until the edges start to turn brown (about 5–8 minutes) and flip. Cook 5 minutes more.

Makes 24 small fritters – nutritional data does not include frying oil so adjust depending on how much you use.

Servings 6 (4 patties each), Calories 182, Fat 5.5g, Carbohydrates 25.2g, Protein 9.7g, Cholesterol 0mg, Sodium 260mg, Fiber 5.9g, Sugars .7g, WW Pts 5



### **Curried Sweet Potato Quinoa Patties with Spicy Yogurt Sauce**

*There are a couple of secrets to great quinoa patties.*

*The first is starting with a pan that is already heated.*

*Depending on your stove, this can mean allowing your pan to heat for 10 to 15 minutes before you add the oil.*

*Secondly, you want to make sure that a golden crust has formed before you flip the patties.*

*You will be able to see the edges start to turn brown and the patties will look noticeably dryer on top.*

## Curried Sweet Potato Quinoa Patties with Spicy Yogurt Sauce

- 4 (flax) eggs
- 1 large onion, diced
- 1 teaspoon minced garlic
- ½ cup fine yellow cornmeal
- 2 tablespoons hot mango chutney
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- ½ teaspoon ground cumin
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 3 cups grated sweet potatoes
- 2 cups cooked quinoa
- ½ cup frozen green peas, thawed
- 2 tablespoons coconut oil (more as needed)

Make flax eggs by combining 4 tablespoons ground flax seeds with  $\frac{3}{4}$  cup water. Set aside. (Skip this step if using eggs)

Spray a pan with olive oil and heat to medium. Add onion and cook until tender, about 10 minutes. Add garlic and cook for 30 second more. Remove from heat and transfer to a bowl.

Combine (flax) egg, cornmeal, hot mango chutney, curry powder, turmeric, cumin, sea salt and pepper in medium bowl. Whisk until well combined. Add to onion mixture and stir in sweet potatoes, quinoa and green peas. Form into 12 patties with your hands. Place in the refrigerator for 30 minutes.

Heat coconut oil to medium high heat. Cover and cook fritters about 6 minutes per side, flipping once after a brown crust has formed.

## Quinoa Fit

Servings 6 (2 patties each), Calories 305, Fat 9.3g, Carbohydrates 47.7g, Protein 9.3g, Cholesterol 109mg, Sodium 218mg, Fiber 6.6g, Sugars 4.1g, WW Points 8

### Spicy Yogurt Sauce

½ cup plain non-fat Greek Yogurt or soy yogurt

1 tablespoon hot mango chutney

1 teaspoon onion powder

½ teaspoon curry powder

1/8 teaspoon cayenne pepper

½ teaspoon sea salt

Combine all ingredients in a small bowl and whisk together. Refrigerated until ready to serve.

Servings 6, Calories 30, Carbohydrates 5.9g, Protein 1.1g, Cholesterol 0mg, Sodium 164mg, Sugars 3.0g, WW Points 1



# Mains & Sides



## Quinoa Burrito Bowls

*This is one of those healthy eating dishes that feels rather indulgent.*

*I like to cut a sprouted corn tortilla into strips and toast it until its crunchy and then sprinkle it on top for a little extra texture!*



## **Quinoa Burrito Bowls**

### **Onions**

¼ cup lime juice

¼ cup red wine vinegar

1/4 cup water

1 tablespoon maple syrup

¼ teaspoon salt

1 large red onion, sliced

### **Quinoa**

1 cup quinoa, rinsed

1 ¼ cup vegetable broth

½ teaspoon sea salt

¼ teaspoon cayenne pepper

1/2 cup cilantro, chopped

1 jalapeno, chopped

2 tablespoons lime juice

3 cups black beans (about 2 cans)

1 cup fresh or thawed frozen corn

1 cup roasted red pepper, diced

½ cup grape tomatoes, chopped

For Topping: Salsa, Guacamole or Greek Yogurt

Bring lime juice, red wine vinegar, water, maple syrup and salt to a boil in a small saucepan. Add onions and cook for one minute, stirring to make sure onions are covered. Remove from heat and transfer to a bowl. Allow to cool slightly and then

## Quinoa Fit

refrigerate until ready to use. (The onions may be made ahead and refrigerated. I like to make extra to have on hand for salads, wraps and sandwiches.)

Meanwhile bring quinoa, vegetable broth, sea salt and cayenne pepper to a simmer. Reduce to low and cover. Cook for 30 to 35 minutes. Remove from heat. Stir in cilantro, jalapeno, lime juice and black beans, corn and red pepper and allow to sit covered for 5 minutes.

Place mixture in a bowl and add tomato and pickled onions. Top with salsa, guacamole and/or Greek Yogurt (optional).

Servings 6, Calories 275, Fat 2.4g, Carbohydrates 49.7g, Protein 15g, Cholesterol 0mg, Sodium 579mg, Fiber 12.5g, Sugars 7.9g, WW Points 6

## Quinoa Fit



## Quinoa Paella

*This is a fun dish that could be made even heartier with the addition of sausage.*

*I like vegan Field Roast, but any sausage you like will work!*

## Quinoa Paella

1 tablespoon extra virgin olive oil  
1 onion, chopped  
2 cups broccoli florets  
1 red bell pepper, seeded and chopped  
4 garlic cloves, minced  
1 cup quinoa, rinsed  
¼ teaspoon saffron threads  
1 teaspoon turmeric  
¼ teaspoon red pepper flakes  
1 ½ teaspoons paprika  
½ teaspoon sea salt  
1 tablespoon lemon juice  
2 tomatoes, skinned and cut into cubes  
1 ½ cups vegetable broth  
1 cup baby peas, thawed  
14.5 ounces water packed artichoke hearts

Heat olive oil in a large skillet or paella pan. Add onion and cook for 5 minutes. Add broccoli and red pepper and cook for five more minutes. Add in garlic, quinoa, saffron threads turmeric, red pepper flakes, paprika, sea salt, lemon juice, and tomatoes. Cook for three minutes, stirring well so that everything is combined. Add vegetable broth and bring to a simmer. Cover and reduce heat to low. Cook for 20 minutes. Add in peas and artichoke hearts and cook for 10 more minutes. Remove from heat and allow to sit covered for 5 to 10 more minutes.

Servings 6, Calories 223, Fat 4.8g, Carbohydrates 36.4g, Protein 10.7g, Cholesterol 0mg, Sodium 797mg, Fiber 8.2g, Sugars 4.75g, WW Points 6



## Potato & Quinoa Crusted Pizza

*I love this “pizza” as written, but it is also great topped with pesto and roasted vegetables.*

*Who knew pizza without cheese could be so good?*

## Potato & Quinoa Crusted Pizza

1 ½ lbs white potatoes, scrubbed well

2 cups cooked quinoa

2 eggs , beaten OR 2 tablespoons ground flax seeds + 6 tablespoons warm water

2 tablespoons nutritional yeast

2 teaspoons Italian seasoning

1 teaspoon sea salt

### Suggested toppings:

2/3 cup pesto OR MARINARA

¾ cup mozzarella cheese OR Daiya mozzarella

1 roasted red pepper, diced

1/2 red onion, sliced thin

1/3 cup black olives

Preheat oven to 375. Line 2 prepared pie plates with parchment paper. If using flax egg, combine ground flax seeds with warm water and set aside. (Skip this step if you are using eggs.

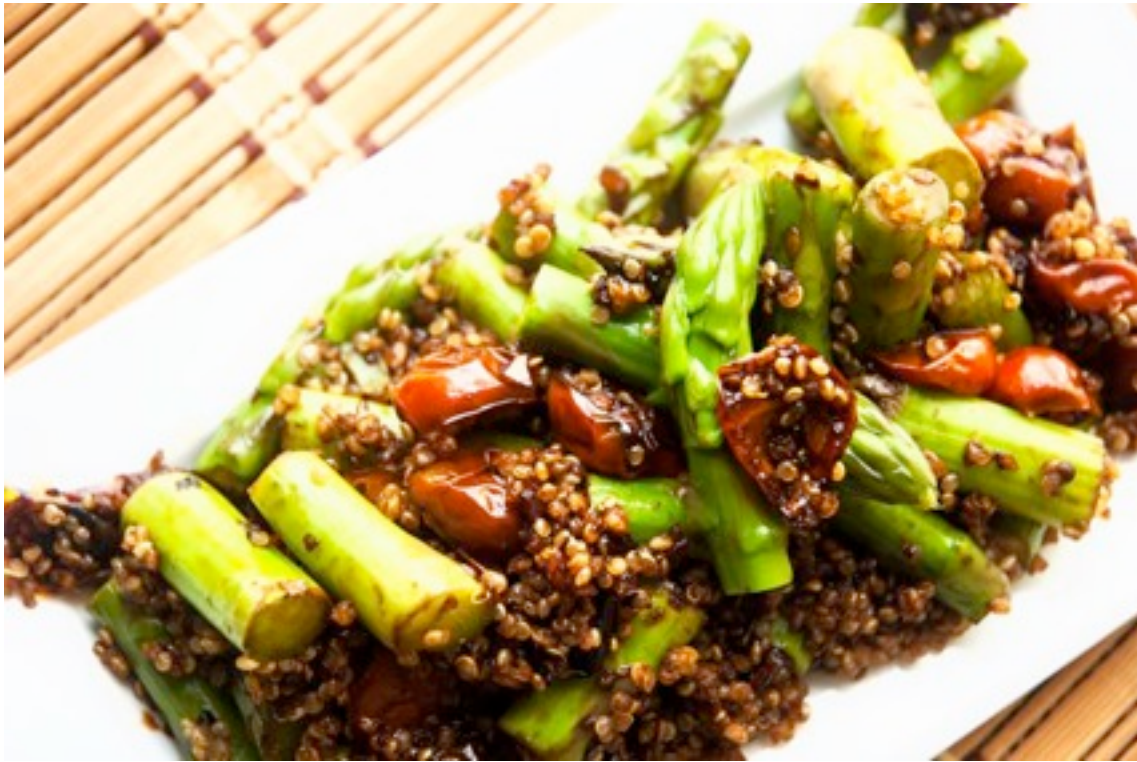
Using a box grater or food processor, grate potatoes and then place in salted water for at least 15 minutes. Using a clean dish towel, ring the water out of the potatoes. Place in a large bowl and add quinoa, nutritional yeast, Italian seasoning and salt.

Spread quinoa and potato mixture on 2 prepared pie plates to 1/8 inch thick. Bake for 25 to 30 minutes.

Remove from oven. Spread pesto or marinara on crust. Top with cheese and remaining toppings. Bake for 20 more minutes. (Optional – for a crisper crust remove crust from pie plate and place on a pizza peel. Top and bake directly on a pizza stone.)

### Crust Only

Servings 8 (1/4 pie) , Calories 122, Fat 1.4g, Carbohydrates 23.2, Protein 4.9g, Cholesterol 1mg, Sodium 248mg, Fiber 3.6g, Sugars 1.1g, WW Points 3



## **Asparagus & Quinoa with Balsamic Tomatoes**

*This is a simple but elegant side dish that I like to serve for company!*

## **Asparagus & Quinoa with Balsamic Tomatoes**

### **Ingredients**

- 1 cup cooked quinoa, heated
- 1 pound asparagus, trimmed and cut into 1 inch pieces
- 1 teaspoon minced fresh garlic
- 1 ½ cups halved grape or cherry tomatoes
- 3 tablespoons balsamic vinegar

### **Instructions**

1. Cook asparagus in boiling water for 2 minutes. Drain and place in a large bowl. Toss with quinoa.
2. Meanwhile, spray a large skillet with olive oil spray and heat to medium high. Add garlic and tomatoes and cook for 5 minutes. Add vinegar and cook for 3 more minutes. Salt and pepper to taste and stir into quinoa mixture. Serve warm.

### **Notes**

Servings 4, Calories 85, Fat 1.1g, Carbohydrates 15.5g, Protein 4.9g, Cholesterol 0 mg, Sodium 6mg, Fiber 4g, Sugars 3.7g, WW Points 2





## Quinoa Spring Rolls with Spicy Peanut Sauce

*The first time I made this recipe my oh-so-skeptical family was blown away.*

*I was seriously worried about their being any left to photograph as I put the last ones together!*

## Quinoa Spring Rolls with Spicy Peanut Sauce

### Ingredients

- 10 [Spring Roll Rice Paper Wrappers](#)
- 2 cups cooked quinoa
- ½ cup julienned carrots
- ½ cup sprouts
- 1 cup napa cabbage, chopped
- 2 cups lettuce, chopped
- ¼ cup chopped cilantro
- ½ cup chopped basil
- ¼ cup sesame seeds, toasted

### Peanut Dipping Sauce

- ½ cup natural peanut butter
- ¼ cup hot water
- 2 tablespoons tamari/soy sauce (if you are GF – use GF tamari)
- 2 tablespoons lime juice
- 2 tablespoons seasoned rice vinegar
- 2 teaspoons tomato paste or ketchup
- 2 cloves garlic, minced
- 2 teaspoons white miso, optional
- 1 tablespoon fresh ginger, minced
- ½ teaspoon crushed red pepper flakes

### Instructions

1. Working one at a time, soak wrappers in a large bowl of hot water for a few seconds and then transfer to a clean dry work surface.
2. Place the quinoa across the right 1/3 of each wrapper. Top with lettuce, carrots, sprouts, cabbage, cilantro and basil. Add a tablespoon of sauce and sesame seeds and roll the wrapper tightly over the filling, tucking the ends in as you roll. Cover with a lightly damp towel as you continue to make your rolls. When ready to serve cut in half and serve with additional sauce.
3. To make sauce combine all ingredients in a blender or food processor and process until smooth. Adjust seasonings to taste.

## Quinoa Fit

### Notes

Nutritional Info Spring Rolls: Calories 166, Fat 5.2g, Carbohydrates 22g, Protein 5.7g, Cholesterol 0 mg, Sodium 19 mg, Fiber 3.2g, Sugars 1.8g, WW Points 4

Peanut Dipping Sauce (1/5 of recipe): Calories 182, Fat 13.1g, Carbohydrates 8g, Protein 9.3g, Fiber 2.1g, Sugar 2.3g, WW Points 5

## Quinoa Fit



## Smoky Quinoa

*I'm a huge fan of smoked paprika.*

*It adds incredible flavor to the simplest of dishes.*

*If you have only used sweet paprika I highly encourage you to give the smoked version a try!*

## Smoky Quinoa

### Ingredients

- Olive oil spray
- 1 red onion, chopped
- 2 teaspoons smoked paprika
- 4 cloves garlic, minced
- 1 cup quinoa, rinsed
- 1 15-ounce can chopped tomatoes
- ½ cup vegetable broth
- 2 tablespoons capers, rinsed
- 2 tablespoons fresh cilantro or basil, chopped (basil goes better with capers!)

### Instructions

1. Spray oil in a large sauce pan and heat to medium. Add onion and cook for eight minutes, until tender. Add paprika and garlic and cook for 30 seconds. Add quinoa and cook for two minutes.
2. Add tomatoes and broth and bring to a simmer. (Resist the urge to add more liquid – I did at the last minute despite the fact it wasn't the way I had written the recipe and it was a mistake. ) Reduce heat to low and cover. Cook for 30 minutes. Add capers and cook for two more minutes.
3. Remove from heat and allow to sit for 5 minutes. Add basil or cilantro and serve warm.

### Notes

Servings 6, Calories 128, Fat 2.1 g, 22.9g , Carbohydrates 22.9g, Protein 5.3g, Cholesterol 0mg, Sodium 155mg, Fiber 3.4g, Sugars 2.8g, WW Points 3

## Quinoa Fit



## Quinoa Pilaf

*This fun side dish adds a little something special to any meal!*

## Quinoa Pilaf

- 1 tablespoon olive oil
- 1 cup cooked quinoa
- 1 cup cooked wild rice
- 1 cup frozen green peas and carrots, thawed
- ½ cup chopped green onions
- ¼ cup dried currants
- 1 – 2 tablespoons Hot Mango Chutney (optional)
- 1 1/2 teaspoons Curry Powder
- 1 teaspoon Turmeric
- ½ teaspoon Pure Himalayan Salt

### Instructions

Heat olive oil over medium heat in a large skillet.

Add quinoa, wild rice, green peas, green onions and currants.

Stir until well combined and add mango chutney (optional), curry powder, turmeric and salt.

Stir until spices are well distributed.

Heat for 5 –7 minutes, stirring occasionally.

Serve warm.

Servings 6, Calories 238, Fat 4.4g, Carbohydrates 42.3g, Protein 3.3g, Cholesterol 0mg, Sodium 22mg, Fiber 5.2g, Sugars 3.2, WW Points 3.2



## Quinoa Fit



## Easy Quinoa Pilaf

*Did you know that almonds have fewer calories than any other type of nut?*

*Harvard research has shown that they may actually help to prevent weight gain.*



## Easy Quinoa Pilaf

### Ingredients

- 1 onion, chopped
- 1 cup quinoa, rinsed
- 3 cloves garlic, minced
- 1 1/3 cups water or broth
- 1 ½ cups frozen baby peas, thawed
- ½ cup roasted red peppers, diced
- 1 tablespoon fresh lemon juice

### Instructions

1. Spray a saucepan liberally with olive oil spray and allow to get warm. Add onion. Cook for 8 minutes, or until tender. Add quinoa and cook for two minutes, stirring occasionally. Add garlic and cook one more minute. Add 1 1/3 cups of water or broth and bring to a simmer. Reduce heat to low and cover. Cook for 30 minutes and remove from heat. Allow to sit covered for 5 minutes.
2. Stir in baby peas and roasted red peppers and cover for five more minutes. Squeeze lemon juice on top and serve warm. If you want a little more texture, you can add in cashews, almonds or currants.

Servings 6, Calories 142, Fat 1.8g, Carbohydrates 25.7g, Protein 6.2g, Cholesterol 0mg, Sodium 42 mg, Fiber 4.2g, Sugars 3.6g, WW Points 3



## Curried Fried Quinoa

*There has been much debate over the merits of coconut oil as an addition to a healthy diet.*

*I've read most of the research and firmly believe that it is beneficial.*

*If, however, you are trying to limit the amount of oil in your overall diet, feel free to reduce the amount used to ½ tablespoon.*

*You can also sauté your onion in a little water for an oil free dish.*

## Curried Fried Quinoa

### Ingredients

- 2 tablespoons coconut oil
- 5 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 cup onion, chopped
- 1 ½ teaspoons hot curry powder
- ½ teaspoon chili powder
- ½ teaspoon coriander
- ¾ teaspoon turmeric
- 3 cups cooked quinoa
- ½ cup currants (raisins work too)
- 3 tablespoons soy sauce (Make sure yours is GF if you are GF)
- 1 scallion, sliced
- 2 tablespoons cilantro, chopped
- 1 lime, cut into wedges

### Instructions

1. Heat a skillet over medium high heat. Add coconut oil. (Make sure you allow the pan to get very hot before continuing.)
2. Add garlic and cook for 5 seconds. Add ginger and onion and cook for 4 to 5 minutes, stirring frequently. Add in curry powder, chili powder, coriander and turmeric and stir until well combined. Add quinoa, currants and soy sauce and stir for 2 minutes. Add scallions and cilantro and cook for 30 more seconds.
3. Serve with lime wedge and extra soy sauce if desired.

### Notes

Servings 4, Calories 244, Fat 9.5g, 33.9 Carbohydrates, 7.4 g protein, 0 mg Cholesterol, 685 mg Sodium, 4.5 g Fiber, WW Points 6



## Quinoa Carrot Slaw

*Carrots are packed with cancer fighting carotenoids.*

*Our body converts them into vitamin A,  
which helps boost the immune system and is essential for healthy skin and eyes.*

## Quinoa Carrot Slaw

### Ingredients

- 1 1/2 cups cooked quinoa
- 6 medium carrots, peeled and shredded
- ½ cup cilantro, chopped
- ¼ cup water mixed with 1 ½ teaspoons chia seeds (or ¼ cup olive oil)
- 3 tablespoons lime juice
- 1 jalapeno, seeded and minced
- 
- 

### Instructions

1. If using chia gel instead of oil, combine water and chia seeds in a small plastic container with a lid. Shake well. Allow to sit for 15 minutes, or until a thick gel forms.
2. In a medium bowl combine quinoa, carrots and cilantro.
3. In a small bowl, combine chia gel or olive oil, lime juice and jalapeno. Stir until well combined and salt and pepper to taste. Toss with quinoa and carrot mixture and serve. Note: Depending on the size of your carrots and how much dressing you like, you may need more or less of the oil/chia and lime juice dressing. Adjust accordingly. If you would like a little more heat top with a little hot sauce.

### Notes

Servings 6, Calories 67, Fat 1.1g, Carbohydrates 12.9 g, Protein 2.2g, Cholesterol 0mg, Sodium 43 mg, Fiber 2.9 g, Sugars 3.1 g, WW Points 2

# Desserts



## Warm Quinoa Berry Bowl

*This is an easy to make treat that the whole family loves!*

*It's a great way to get little ones eating quinoa.*

## Warm Quinoa Berry Bowl

### Ingredients

- 1 1/2 tablespoons agave or coconut nectar (or other liquid sweetener)
- 2 teaspoons fresh grated ginger
- ¼ cup water
- 3 cups mixed berries
- 1 cup cooked quinoa
- For serving: yogurt (optional)

### Instructions

1. In a skillet, combine coconut nectar, ginger and water. Bring to a boil and add berries, cook for about 3 minutes. Add quinoa and cook for 2 to 4 minutes more. Allow to cool slightly, and then divide between two serving bowls. If desired, top with yogurt.

### Notes

Servings 2, Calories 254, Fat 2.5g, Carbohydrates 55.9g, Protein 5.4g, Cholesterol 0 mg, Sodium 3mg, Fiber 9.7g, Sugars 27.2, WW Points 6





## **Berries & Quinoa with Vanilla Bean Syrup**

*This is truly a guilt free dessert!*

*I used all blueberries here, but a mixture of berries would be lovely.*



## **Berries & Quinoa with Vanilla Bean Syrup**

½ vanilla bean

¼ cup evaporated cane juice (or sugar of choice)

4 cups fresh berries

2 cups cooked quinoa

Using a sharp paring knife, split the vanilla bean lengthwise. Scrap out seeds with the back of the knife, reserving the empty pod for a garnish if desired. Put the seeds in a small saucepan along with sugar and ¼ cup of water. Bring to simmer over medium heat, stirring until sugar dissolves. Reduce heat to low and cook for 8 minutes. Strain through a fine strainer (the one you use to drain quinoa will work well). Let cool. Refrigerate until chilled

Wash the berries and dry. Cut the strawberries into quarter. Mix berries with quinoa and toss with just enough syrup to coat.

Servings 6, Calories 103, Fat 1.6g, Carbohydrates 20.1g, Protein 3.4g, Cholesterol 0mg, Sodium 2 mg, Fiber 5.9g, Sugars 3.3g, WW Points 2



## Blueberry Quinoa Crumble

*Toasting quinoa flour does away with its strong smell and brings out a rich nutty flavor.*

*To toast, place the flour on a rimmed baking sheet lined with parchment paper.*

*Spread into a layer no more than 1/4 inch. Bake at 220 degrees for 90 minutes.*

*Remove from oven and allow to cool before storing in the refrigerator or freezer.*

*Toasting is optional and for flavor only.*

## Blueberry Quinoa Crumble

### Ingredients

- 4 cups fresh or frozen blueberries, thawed and rinsed
- 1 tablespoon toasted quinoa flour (or flour of choice)
- 1 tablespoon Earth Balance Butter (or butter of choice)
- ¼ cup quinoa flakes
- ¼ cup cooked quinoa
- ½ cup pecans
- 1/8 teaspoon salt
- 2 tablespoons coconut palm sugar (or brown sugar)
- 2 tablespoons evaporated cane juice sugar (or granulated sugar)
- 3 tablespoons coconut oil, melted
- 1 ½ teaspoons vanilla extract

### Instructions

Preheat oven to 350 degrees.

In a large bowl toss blueberries and quinoa flour. Place in a baking dish and dot with butter.

In a food processor combine quinoa flakes, cooked quinoa, pecans, salt, coconut palm sugar, evaporated cane juice sugar, melted coconut oil and vanilla extract. Process until well combined.

Sprinkle topping over fruit and bake for 15 to 20 minutes. Serve with coconut vanilla ice cream if desired.

Calories 258, Fat 15.9g, Carbohydrates 29g, Protein 2.6g, Sodium 78mg, Fiber 3.7g, Sugars 17.6g, WW Points 7



## **Chocolate Chip Quinoa Cookies**

*These cookies are just as good as many conventional recipes, but a whole lot healthier!*

## Chocolate Chip Quinoa Cookies

### Ingredients

- 2 flax eggs (2 tablespoons flax seed meal combined with 6 tablespoons warm water) OR 2 eggs
- 1 ¼ cup almond meal
- 1 cup quinoa flakes
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- ½ cup almond butter (peanut or sunflower seed butter would work too) see note below
- ¼ cup applesauce
- ¼ cup maple syrup (or other liquid sweetener)
- 1 teaspoon vanilla extract
- ¾ cup chocolate chips

### Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Make flax eggs by combining two tablespoons organic flax seed meal (or ground flax seeds) with 6 tablespoons warm water. Set aside to thicken. (Skip this step if you are using eggs.)

In a large bowl combine almond meal, quinoa flakes, baking soda and salt and stir until well combined. In a separate bowl, combine flax egg, almond butter, apple sauce, maple syrup and vanilla. Mix well and add to the quinoa and almond mixture slowly. Add in chocolate chips.

Using a tablespoon measure, drop cookies onto prepared parchment paper. Flatten slightly with clean fingers. Bake for 12 to 15 minutes, until lightly golden brown. Remove from oven and allow to sit in the pan for 5 minutes. Move to a cooling rack and allow to cool completely.

Servings 24, Calories 119, Fat 7.5g, Carbohydrates 10.7g, Protein 2.9g, Cholesterol 1mg, Sodium 118mg, Fiber 1.5g, Sugars 5.4g, WW Points 3

Note: If you do use sunflower butter, the cookies may turn green after cooling due to the chlorogenic acid. The solution is to reduce the baking soda in half. You can read more about it here: <http://www.ochef.com>

## Quinoa Fit



## Quinoa Pudding

*This is comfort food at its best – minus the guilt!*

## Quinoa Pudding

### Ingredients

- 3 cups cooked and cooled quinoa
- 3 tablespoons tapioca starch (or cornstarch)
- 1/4 teaspoon sea salt
- 1/3 cup maple syrup
- 1 cup almond milk (or milk of choice)
- 1 cup light coconut milk (canned)
- 2 tablespoons butter (I used Earth balance)
- 1 teaspoon vanilla extract
- 1 cup dried cherries
- ½ cup dry roasted almonds
- ½ cup chocolate chips or cacao nibs

1. Combine tapioca starch and sea salt in small dish. In a separate bowl combine maple syrup and ¼ cup of the milk. Add tapioca mixture to maple syrup and whisk until well combined.
2. Bring almond milk and coconut milk to a boil. Add tapioca mixture and mix well. Add quinoa, butter, vanilla and dried cherries and simmer on medium low for 20 minutes. Top with almonds and chocolate chips and serve.

Servings 8, Calories 306, Fat 17.6g, Carbohydrates 32.9g, Protein 5.8g, Cholesterol 2 mg, Sodium 122 mg. Fiber 3.9g, Sugars 13.2g, WW Points 8



## Flour-less Chocolate Quinoa Cookies

*This is a favorite cookie around our house!*



## Flour-less Chocolate Quinoa Cookies

2 flax/chia eggs (1 T flax meal + 1 T chia seeds + 6 T warm water)

1 cup blanched almonds (see note)

1 cup cooked quinoa

$\frac{3}{4}$  teaspoon baking soda

$\frac{3}{4}$  teaspoon salt

$\frac{1}{3}$  cup almond butter

1 tablespoon coconut oil

$\frac{1}{4}$  cup apple sauce

$\frac{1}{4}$  cup maple syrup

1 teaspoon vanilla

$\frac{3}{4}$  cup vegan chocolate chips

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

In a small bowl combine flax meal (or ground flax seeds), chia seed and warm water. Whisk well and set aside.

In a food processor combine almonds and quinoa. Process for 1 minute, or until you have a fine meal. Add baking soda and salt and process until blended.

Heat a small saucepan to medium low and add almond butter and coconut oil. Cook until coconut oil and almond butter are melted, whisking occasionally. Add in apple sauce and maple syrup and whisk until heated through. Remove from heat and stir in vanilla and flax/chia egg.

Add the warm almond butter mixture to your food processor and process until a dough has formed. Immediately add in the chocolate chips and process until chocolate is melted and blended, stopping to scrape down the sides as necessary.

Roll the dough into small balls and flatten with your fingers. (You could also use a fork.) Bake for 12 to 15 minutes. Allow to cool for 5 minutes in the pan and then transfer to a wire rack to cool completely.

Note: To blanch whole almonds, boil water in a medium saucepan. Add almonds and cook for one minute. Drain and allow to cool slightly. Peel almonds. You may skip this step if desired.

## Quinoa Fit

### Variations:

For double chocolate cookies, allow the batter to cool and stir in ½ cup vegan chocolate chips.

For Chocolate Macadamia Nut Cookies, stir in ½ cup chopped macadamia nuts just prior to cooking.

For Cherry Chocolate Cookies, stir in ½ cup dried unsweetened cherries just prior to cooking.

Servings 12, Calories 163, Fat 11g, Carbohydrates 12.7, Protein 4.0g, Cholesterol 0mg, Sodium 231mg, Fiber 2.4g, Sugars 6.7g, WW Points 5

# Dressings

Some of these dressings are referenced within the book and others are included within recipes. I've added them here so that you can use them as you create your own healthy salads!

## Asian Dressing

If you don't have chia seeds on hand you can omit the chia seeds and water and use 3 tablespoons of olive oil in their place.

### Ingredients

- 1 teaspoon chia seeds
- 3 tablespoons water
- 1 tablespoon seasoned rice vinegar
- 2 tablespoons lime juice
- 1 teaspoon minced fresh ginger
- 1 tablespoon agave nectar or coconut nectar
- 1 tablespoon soy sauce (or GF tamari)
- 1 teaspoon mellow white miso (optional – if not using add in salt to taste)
- 2 teaspoons sesame oil (omit for oil free version)

### Instructions

Combine chia seeds and water in a small bowl. Set aside for 10 minutes. In a jar or blender, combine rice vinegar, lime juice, ginger, sweetener, soy sauce, miso or salad and sesame oil (if using). Add chia seed mixture and shake vigorously or blend. (If you are using miso I recommend using a blender to make sure it gets well combined.)

### Notes

Servings 6, Calories 33, Fat 1.8g, Carbohydrates 4.2 g, Protein .4 g, Cholesterol 0 mg, Sodium 191 mg, Fiber .5, Sugar 2.7, WW Points 1

## Balsamic Vinegar Dressing

If you don't have chia seeds on hand you may omit the chia seeds and water and use ½ cup extra virgin olive oil in their place.

1 tablespoons chia seeds

½ cup water

½ cup good quality balsamic vinegar

6 cloves of garlic, minced (more or less to taste)

1 T Dijon mustard

1 T maple syrup (optional)

¼ teaspoon crushed red pepper

½ teaspoon fresh ground black pepper

1 teaspoon sea salt

Optional: ½ avocado, ¼ cup black olives, 1/8 cup flax seed oil

Combine water and chia seeds in a small bowl and set aside for 10 to 15 minutes, until a gel has formed.

Combine chia gel and remaining ingredients in a blender or jar. Process until smooth. If desired, you may add in avocado, black olives or flax seed oil for added thickness.

Servings 8 (2 tablespoons), Calories 29, Fat .7g, Carbohydrates 5.3g, Protein .5g, Cholesterol 0mg, Sodium 250mg, Fiber .7g, Sugars 3.5g WW Points 1

Calories with ½ avocado: 49, Fat 2.5g, Carbohydrates 6.4g, Protein .8g, Cholesterol 0mg, Sodium 250mg, Fiber 1.6g, Sugars 3.6g, WW Points 1

Calories with ¼ cup black olives: 34, Fat 1.1g, Carbohydrates 5.5g, Protein .6g, Cholesterol 0mg, Sodium 286mg, Fiber .9g, Sugars 3.5g, WW Points 1

Calories with 1/8 cup flax seed oil: 41, Fat 1.4g, Carbohydrates 5.3g, Protein 1.2g, Cholesterol 0mg, Sodium 250mg, Fiber 1.7g, Sugars 3.5g, WW Points 1

## Chipotle Lime Dressing

¼ cup + 1 tablespoons chia seeds  
1/4 cup lime juice  
1/2 – 1 chipotle chili in adobo sauce (The dish will be HOT if you use 1)  
4 cloves garlic, minced  
1/2 cup fresh cilantro, chopped  
1 teaspoon honey or agave nectar  
1 teaspoon ground cumin  
1 teaspoon sea salt

In a small bowl combine water and chia seeds. Whisk well and set aside for 10 to 15 minutes until a gel forms. (If you don't have chia seeds you may substitute ¼ cup of olive oil.)

Combine chia gel in a jar or blender and add remaining ingredients. Shake or process until combined.

Servings 4, Calories 37, Fat 1.7g, Carbohydrates 5.8g, Protein 1.4g, Cholesterol 1.4g, Sodium 552mg, Fiber 2g, Sugars 1.8g, WW Points 1

## Chipotle Thai Dressing

½ cup water + 1 tablespoon chia seeds  
1 chipotle chili (from a can of chipotles in adobo)  
3 cloves garlic, minced  
3 tablespoons Thai Sweet Chile Sauce  
1/3 cup fresh lime juice

Combine water and chia seeds in a small bowl and mix well. Set aside and allow to sit for 10 to 15 minutes, until a gel forms. (If you don't have chia seeds you may substitute ½ cup extra virgin olive oil.)

Combine chia gel and remaining ingredients in a jar or blender. Shake or blend until combined.

Servings 8 (2 tablespoons each), Calories 26, Fat .8g, Carbohydrates 4.7g, Protein .6g, Cholesterol 1mg, Sodium 81mg, Fiber .9g, Sugars 2.4g, WW Points 1

## Cilantro Lime Dressing

½ cup water + 1 tablespoon chia seeds OR ½ cup olive oil

¼ cup fresh lime juice

2 tablespoons maple syrup (or other liquid sweetener)

2 tablespoons orange juice

1 jalapeño seeded and diced

2 cloves garlic, minced

½ cup fresh cilantro leaves, chopped fine

1 teaspoon sea salt

In a small bowl combine water and chia seeds. Stir well and set aside for 10 minutes. (Skip this step if using olive oil.)

In a jar or blender, combine remaining ingredients and mix well. Add in chia gel or olive oil and shake or process until emulsified.

### With Chia

Servings: 8 (2 tablespoons each), Calories 27, Fat 7, Carbohydrates 5.5g, Protein .5g, Cholesterol 0mg, Sodium 235g, Fiber 18g, Sugars 3.5g, WW Points 1

### With Olive Oil

Servings 8 (2 tablespoons each), Calories 127, Fat 12.6g, Carbohydrates 4.8g, Protein .1g, Cholesterol 0mg, Sodium 235mg, Fiber 4.8g, Sugars 3.5g, WW Points 3

## Southwestern Lime Dressing

¼ cup water + ½ tablespoon chia seeds

¼ cup lime juice

1 tablespoon agave nectar or honey

1 tablespoon hot sauce (more or less to taste/depending on hot sauce used)

1 teaspoon ground cumin

2 cloves garlic, minced

½ teaspoon sea salt

In a small bowl combine water and chia seeds. Mix well and set aside for 10 to 15 minutes, until a gel forms. (If you do not have chia seeds you may substitute ¼ cup extra virgin olive oil.)

In a jar or blender combine chia gel and remaining ingredients. Process or shake until combined.

Servings 5 (2 tablespoons each), Calories 27, Fat .6g, Carbohydrates 5.7g, Protein .5g, Cholesterol 0mg, Sodium 265mg, Fiber .6g, Sugars 3.7g, WW Points 1



## Sweet Spicy Dijon Dressing

2 tablespoons apple cider vinegar

2 tablespoons Dijon mustard

1/2 chipotle chili in adobo sauce (use 1 for a VERY hot dressing)

2 tablespoons agave nectar, maple syrup or liquid sweetener of choice

3 cloves garlic, minced

½ cup water + 1 tablespoons chia seeds or ½ cup extra virgin olive oil

½ teaspoon sea salt

½ teaspoon fresh cracked black pepper

Servings 5 (2 tablespoons each), Calories 47, Fat 1.3g, Carbohydrates 8.7g, Protein 1g, Cholesterol 0mg, Sodium 259mg, Fiber 1.3g, Sugars 6.5g, WW Points 1

## Thai Dressing

¼ cup Seasoned Rice Vinegar  
1 tablespoon olive oil, optional  
3 tablespoons lime juice  
3 tablespoons tamari (use gluten free if you are avoiding gluten)  
1 tablespoon agave nectar (or sweetener of choice)  
2 teaspoons Toasted Sesame Oil  
1 tablespoon Sriracha Hot Chili Sauce (make sure GF)  
5 cloves garlic, minced (more or less to taste)  
½ teaspoon Pure Himalayan Salt  
¼ teaspoon fresh ground black pepper

Servings 7 (2 tablespoons each), Calories 36, Fat 1.4g, Carbohydrates 5.2g, Protein 1.1g, Cholesterol 0mg, Sodium 651mg, Sugars 3.g, WW Points 1

## Orange Dijon Vinaigrette

½ cup water

2 tablespoons chia seeds

¼ cup apple cider vinegar

¼ cup orange juice

2 tablespoons Dijon Mustard

1 tablespoon finely ground walnuts

1 ½ teaspoons orange zest

½ teaspoon sea salt

¼ teaspoon fresh ground black pepper

In a small bowl combine water and chia seeds. Mix well and set aside for 10 to 15 minutes.

Combine chia gel and remaining ingredients in a blender or food processor. Process until smooth.

Servings 9 (2 tablespoons each), Calories 30, Fat 1.8g, Carbohydrates 2.6g, Protein 1.1g, Cholesterol 0mg, Sodium 146mg, Fiber 1.3g, Sugars .7g, WW Points 1