

Quinoa Recipes



Quinoa

Chenopodium Quinoa

Prepared by Inca Gold Organics

Introduction:

If you are looking for a nutritious alternative to meat or want to bring variety to your diet that is delicious, easy to prepare and versatile look no further. Quinoa is considered a super-food and welcomed by health conscious consumers.

Quinoa, "**Nature's perfect food**," has most of the essential nutrients required for normal body functioning, a complete protein that contains all eight essential amino acids and is high in protein, potassium, calcium and iron. It is a good source of vitamin E and B-vitamins, as well as, of magnesium, phosphorous and zinc.

Quinoa is an ancient food native to the Andes, grown for more than 5,000 years. Sacred to the Incas, it was called the "**Mother of all grains**" for its nutritional properties. The United Nations has rated its quality of protein equivalent to that in milk.

It is gluten-free, non-cholesterol, a Diabetic solution for its very low-glycemic-index and easy to digest.

Quinoa can be used to make porridge, breakfast cereal, salads, casseroles, omelets, soups, juices, desserts and puddings or a side dish. You can replace rice, bulgur wheat or couscous with Quinoa grains in many recipes.

These recipes will get you started using Quinoa grains, flakes and flour. Most recipes can be altered to suit your taste. You may also reduce or increase the quantity of ingredients to meet your needs and taste.

I hope you enjoy making the following recipes and enjoy eating the results. Best wishes in improving your health while enjoying this delicious food.

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Cooking Quinoa

Rinse 1 cup of Quinoa in cold water, add one part Quinoa to two parts liquid in a saucepan, bring to a boil, reduce to simmer and cover. Simmer for 15 minutes until tender and transparent. Remove from heat and let stand, still covered for 5 minutes. Fluff and serve. One cup raw yields about 4 cups cooked.

Basic Quinoa-salad recipe

1 cup Quinoa grains, rinsed
2 cups water or bouillon

2 cups of mixed of diced cooked or raw vegetables of your choice: red or green peppers, onions, grated carrots, celery, corn, zucchinis, peas, broccoli, etc.

1/2 to 1 cup finely chopped herbs: fresh basil, cilantro, chive, Italian or curly parsley

1/3 cup of salad dressing (commercial dressing, homemade, or lemon juice and olive oil)

1 clove of garlic, minced
Freshly ground salt and pepper

Boil the water, add the Quinoa grains, cover, reduce the heat, simmer for 15 minutes or until the liquid is absorbed. Cool and fluff. This will make 4 cups of cooked Quinoa.

Combine chopped vegetables and the fresh herbs. Mix well. Add to the cooked the Quinoa. Toss gently and add dressing. Toss again and add salt and pepper to taste. Cover and chill for 2 hours before serving.

The salad keeps well refrigerated for 3 days.

Oriental Salad

Salad ingredients:

- 2 cups cooked Quinoa
- 1/2 large red or yellow bell pepper, diced
- 1 stalk celery, diced
- 2 green onions, halved lengthwise and sliced thin
- 1/2 cup frozen green peas
- 1/2 cup diced bamboo shoots
- 1/2 cup diced pineapple
- 1/2 cup golden raisins
- 1 peeled orange cut in sections
- 1 cup bean sprouts
- 1 tablespoon of toasted sesame seeds

Dressing:

- 1/4 cup rice vinegar
- 1/4 cup pineapple juice
- 1 T minced fresh ginger
- 1 large clove garlic, minced
- 3 tablespoons of Soy sauce

Prepare salad ingredients and mix together in large bowl. In small bowl mix dressing ingredients and pour over salad. Mix thoroughly and chill in refrigerator for 1 hour before serving.

Quinoa Mexican Salad

1 cup Quinoa, rinsed
2 cups water
Pinch sea salt
1 red pepper, cored, seeded, and diced
1 carrot, grated
5 scallions
1/2 cup cooked corn
1/2 cup currants
2 Tbs. fresh cilantro, finely chopped (parsley can be substituted)
Sea salt to taste
1 clove garlic, peeled and minced
1 tsp. cumin
2 Tbs. olive oil
2 tsp. sugar
1 Tbs. fresh lemon juice
2 Tbs. rice or raspberry vinegar

Bring water to a boil. Add Quinoa and salt reduce to a simmer, and cook for about 15 minutes, until all the water is absorbed. Fluff with a fork, replace cover, and let rest for 5 minutes.

Place Quinoa in a large salad bowl to cool.

Mix garlic, oil, cumin, sugar, lemon juice and vinegar. Mix well and add to the cooked Quinoa, along with all the vegetables, cilantro, sea salt, and currants. Mix gently but thoroughly and serve, or place in refrigerator to chill.

Toasted Quinoa salad

3/4 cup Quinoa grains
1 cup diced carrots
1/2 cup red bell pepper, chopped
1/4 cup parsley, minced
2 green onions, sliced
Juice of 1 lemon and 1 lime (or 1-2 tbsp. of each)
1 1/2 tbsp. soy sauce
2 cloves minced garlic
1 tsp. chilli sauce (optional)

Rinse Quinoa and drain. Put in a pot and dry toast until a few grains begin to pop. Add 1 1/2 cups water, bring to a boil, cover and simmer for 15 minutes, or until the Quinoa has absorbed all the liquid. Remove from heat and let stand for 5 minutes. Fluff with fork and let cool.

Mix carrot, red pepper, parsley and green onion in large bowl. Add cooled Quinoa and toss to combine. Whisk together lemon and lime juices, soy, garlic and chilli sauce and pour over salad. Combine well and chill until serving time.

Quinoa Tabbouli

1 cup of Quinoa grains, rinsed
2 cups of water
1 cup of fresh parsley, chopped with scissors
1 tomato, diced
1 Lebanese cucumber, diced
1 clove of garlic, minced
Juice of one lemon
Salt

Bring water to a boil; add the Quinoa and simmer covered for 15 minutes or until all the water is absorbed. Fluff with a fork and cool. Add the remaining ingredients and mix well. Let sit for a few hours or overnight in the refrigerator before serving.

Quinoa and Chick Pea Salad

1 cup Quinoa grains
2 cups of stock
3/4 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground cumin
1/4 teaspoon turmeric

1 medium carrot, diced
1 small red onion, diced
1 small red bell pepper, diced
1 small cucumber or zucchini, diced
1 small apple, diced
1/3 cup currants or raisins
2 cups canned chick peas, rinsed and drained

1/4 cup fresh lemon juice
2 tablespoons of olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Boil the stock with the spices, add the Quinoa grains and simmer covered for 15 minutes or until the liquid is absorbed. Fluff the Quinoa with a fork, transfer to a bowl and let cool.

Add the carrot, bell pepper, cucumber, onion, apple, currants and chick peas and toss.

In a small jar with a lid, shake the olive oil, lemon juice, salt and pepper until well mixed. Pour over the salad and toss well. Cover and refrigerate for several hours or up to 3 days.

Tri-Colour Vegetable Salad

1 cup of Quinoa grains, rinsed
2 cups of water

1 cup vegetable stock
1 Tbsp fresh thyme chopped or 1/2 tsp dried
2 Tbsp wine vinegar
1 cup frozen baby peas
1 cup frozen corn kernels

1 large tomato, peeled, seeded, and chopped
2 scallions, sliced thin
1 Tbsp fresh basil or 1/2 tsp dried

6 romaine leaves, washed and dried

Boil the water; add the Quinoa grains and simmer covered for 15 minutes or until the liquid is absorbed. Fluff with a fork and let stand in a bowl for 5 minutes.

In a saucepan, bring the vegetable stock to a boil, add the thyme and vinegar. Boil to reduce to $\frac{3}{4}$ cup. Add the peas and corn to the liquid and simmer for a few minutes. Remove from heat.

Add the tomatoes, scallions and basil to the Quinoa. Add the liquid with the peas and corn to the mixture and mix well. Cover and refrigerate for a few hours or overnight before serving. Serve on Romaine lettuce leaves.

Grape and Carrot Salad

1 cup of Quinoa grains, rinsed
2 cups of water

1 cup of seedless grapes
2 medium carrots, grated
¼ cup of sunflower seeds
½ cup of fresh parsley, chopped

¼ cup fresh lemon juice
2 to 3 tablespoons of olive oil
Salt and pepper

Boil the stock; add the Quinoa grains and simmer covered for 15 minutes or until the liquid is absorbed. Fluff with a fork and let stand in a bowl to cool for 5 minutes. Add the grapes, carrots, sunflower seeds, parsley. In a cup mix the oil, juice, salt and pepper. Pour over the salad and mix well.

Porridge with Quinoa Flakes

2 cup of liquid: water, milk or half milk/half water, or soy milk

½ cup of Quinoa flakes

1-2 tablespoon of dried fruit such as cranberries, raisins or apricots

Pinch of salt

4 or 5 chopped nuts such as almonds, walnuts, hazelnut

Brown sugar, maple syrup or other sweetener to taste

Mix the liquid, Quinoa flakes, dried fruit and salt in a pot and bring to a boil. Simmer for about 3 minutes. Add the nuts and let sit for 5 minutes for thicken. Sweeten to taste and serve.

Porridge with Quinoa grains

1 cup of Quinoa grains, rinsed

2 cups of water

1 cup of milk

¼ cup of dried fruit (Cranberries, raisins or apricots)

Brown sugar or honey to taste

Boil the water; add the milk and the Quinoa grains and dried fruit. Reduce heat and simmer covered for 12 to 15 minutes. Serve with more milk or cream. Sweeten with brown sugar or honey.

Black Bean and Tomato Salad

1 cup of Quinoa, rinsed
1 (14 ounces) can black beans, drained and rinsed
2 medium tomatoes, diced
4 scallions, chopped
¼ cup chopped fresh cilantro or parsley

Dressing:

2 teaspoons grated lime zest
2 tablespoons fresh lime juice
3 tablespoons olive or vegetable oil
1 teaspoon of sugar
Salt and pepper

Boil the stock; add the Quinoa grains and simmer covered for 15 minutes or until the liquid is absorbed. Fluff with a fork and let stand in a bowl to cool.

Whisk together the dressing ingredients and add to the Quinoa. Mix well and stir in the remaining ingredients. Cool in the refrigerator for a few hours before serving.

Quinoa Soup

1/3 cup of Quinoa grains, rinsed
2 carrots, diced
1 cooking onion, diced
1 stalk celery, chopped
1 garlic clove, minced
A bunch spinach or chard, coarsely chopped
1 tomato, diced
1 tablespoon of oil
Salt and pepper
1 tsp. basil
4 cups of stock (you can use ready made stock or bouillon cubes)

Sauté the carrots, onions, garlic and celery in the oil until the vegetables are soft and onions golden. Add stock, tomato, seasoning and Quinoa grains. Simmer for 20 minutes. Add the spinach and chard and continue to cook until wilted. Taste and adjust seasoning to taste.

Quinoa Pudding

1 cup of Quinoa, rinsed
2 cup water
2 cups of milk or soy milk
¼ cup of brown sugar
1 tbsp. corn starch
1 tsp. vanilla
Cinnamon to taste
Cream (optional)

Bring the water to a boil and add the Quinoa grains. Simmer covered for 15 minutes. Add the milk and continue to simmer for another 10 minutes. Add the brown sugar and corn starch and continue to cook until thicken. Add vanilla and cinnamon and cool. Serve over fruit and pour extra milk or cream on the pudding.

Stuffed Green Peppers

4 large green Bell Peppers
1 cup Quinoa, rinsed
1 cup kasha (buckwheat)
5 cups vegetable broth
1 medium onion, chopped
3-4 garlic cloves, minced
2 tablespoons vegetable oil
1 cup commercial spicy tomato sauce

Cut tops off of the bell peppers and remove seeds. Reserve the tops. Cook the Quinoa in 2 cups of broth for 15 minutes or until the liquid is absorbed. Set aside.

In a saucepan, sauté the onions and garlic in oil until soft and golden. Add 1½ cups of broth, herbs and the kasha. Simmer for about 15 minutes.

Mix the Quinoa, tomato sauce and kasha in a bowl. Spoon the mixture in the bell peppers and put the pepper tops back on.

In a steamer pot add the remainder broth and enough water for ¼ to ½ inches (.5 cm. to 3 cm.). Add the peppers, bring to a boil and simmer for about 25 minutes until the peppers are very soft. Lift to a serving plate and let sit 5 minutes before serving.

Muffins

Dry ingredients:

1 cup Quinoa flour
½ cup white flour
2 tablespoon of baking powder
1 tablespoon of baking soda
½ teaspoon of salt
½ cup of bran
¼ cup raisins
¼ cup walnuts

Wet ingredients:

1 egg
1 cup of milk
¼ cup vegetable oil
4 tablespoons molasses

Mix the dry ingredients in a large bowl. Set aside. Mix the wet ingredients well. Make a well in the middle of the dry ingredients and add the mixed wet ingredients.

Pour the dough in muffin tins and bake for 15-20 minutes at 400 degrees F.

Quinoa Infant Cereal

As Quinoa is high in protein and easy to digest, it makes an ideal infant cereal. The proportions for the recipe below yield a soft cereal ideal for a baby's first food besides breast milk.

1 cup water

$\frac{1}{4}$ cup Quinoa flour

Bring water to boil in a small sauce pan. Stir in flour with a whisk until smooth. Cover and cook for 20 minutes on very low heat.

CROQUETTES

½ cup of Quinoa grains, rinsed
½ cup of rolled oats
2 cups of water
¼ teaspoon salt
2 tsp. dried mixed herbs (optional)

Put the quinoa and water in a bowl and soak overnight in a refrigerator.

Pour the quinoa mixture into a medium-sized pot with the rolled oats, salt and stir. Cook over medium heat, stirring frequently to prevent scorching, until it has the consistency of a thick porridge, about 25-30 minutes. Add the optional herbs.

Pour the mixture a bowl and refrigerate at least 20 minutes, to let the mixture cool and firm up. Spoon the mixture with an ice cream scoop in a lightly oiled frying pan, flatten and fry on both sides until golden brown and crispy on the outside. Transfer to a plate and serve with a sweet or savoury sauce.

Quinoa cookies

¼ cup vegetable oil
1/3 cup applesauce
1 egg

¼ cup of brown sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
1 ½ cups Quinoa flour
½ teaspoon of baking soda
Pinch of salt

Mix oil, applesauce, egg and sugar in a bowl. Add the dry ingredients to the egg mixture. Using spoons drop the dough on a greased cookie sheet. Bake at 375F for about 12 minutes or until golden.