



COOKING QUINOA

You will need:

1 cup quinoa	A medium sized cooking pot
2 cups water	A deep bowl
A deep mesh strainer	

Measure 2 cups water into the pot and bring to a boil. Meanwhile, measure quinoa into a deep bowl and cover with water. Gently rub quinoa between palms for a few seconds to remove bitter coating (saponin). Drain through a fine mesh strainer and repeat this process once more. Add quinoa to boiling water, bring to a boil then cover and turn down heat. Cover pot and cook on low heat for 20 minutes or until all the water has been absorbed. The quinoa is ready to eat at this point but if you remove it from the heat and allow it to remain covered for an additional 20 – 30 minutes, it will have a lighter, fluffier texture.

Quinoa- The ‘mother grain – is over 5,000 years old. This powerful little grain is high in protein, fiber, calcium, iron, and B vitamins. It is also gluten free.

Quinoa can be easily made into flour in a blender. Wash the seeds well, place them in a heated skillet and stir until dry. Let the seeds cool, put them in a blender and process them into flour. $\frac{2}{3}$ cup seeds will yield approximately 1 cup flour. Store ground flour in airtight container in the freezer. Use within 4 months. Use flour to replace part of wheat flour in muffins, pancakes, quick-breads, etc.

Quinoa Salad with Orange Vinaigrette

This recipe works well with any combination of vegetables. Try asparagus, grated carrot, radish and green onion or fresh green beans, roasted red pepper and zucchini. How about snow peas or fresh julienned spinach? Use your imagination and see what you can create!

1 cup quinoa	$\frac{1}{2}$ cup orange juice
2 cups water	Juice of 2 limes
2 stalks green onions	1- $\frac{1}{2}$ tablespoons balsamic vinegar
1 red pepper	1 tablespoon canola oil
1 cucumber	$\frac{1}{2}$ teaspoon salt

Bring 2 cups water to a boil. Wash quinoa and add to boiling water. Turn heat to low and cook for 20 minutes. Remove from heat and let sit for another 20 to 30 minutes. Meanwhile, chop onions, pepper and cucumber. Combine orange juice, lime juice, vinegar, salt and canola oil in a small bowl. Combine quinoa, vegetables, and dressing. Serves 6 to 8.

Remember to rinse your quinoa well before cooking it to remove the bitter tasting saponin coating.

For information on how to order printable versions of this handout, go to extension.usu.edu.

CREATE

Quinoa Banana Walnut Pudding

This recipe works well with any combination of vegetables. Try asparagus, grated carrot, radish and green onion or fresh green beans, roasted red pepper and zucchini. How about snow peas or fresh julienned spinach? Use your imagination and see what you can create!

1 cup quinoa	Pinch of nutmeg
2 cups water	½ to ¾ cup chopped walnuts
1 cup milk	½ teaspoon vanilla
1 ripe banana	Pinch of salt
1 tablespoon corn starch	2 tablespoons sugar
¼ teaspoon cinnamon	

Wash the quinoa and bring quinoa and water to a boil over high heat. Reduce heat, cover and cook for 15 to 20 minutes. Remove from heat and let sit, covered for another 20 minutes. Put milk, banana, cornstarch, cinnamon, nutmeg, sugar, and salt in a blender and blend until smooth. Pour mixture into a saucepan and cook and stir on medium heat until thickened. Add quinoa, vanilla and nuts. Stir to combine.

Green Bean and Chicken Stir Fry with Quinoa

1 cup quinoa	2 teaspoons minced fresh ginger
2 cups water	4 cloves garlic
¼ cup water	4 cups fresh or frozen green beans
¼ cup low-sodium soy sauce	1 pound chicken, cut into bite sized pieces
1 tablespoon tomato paste	1 tablespoon canola oil
2 teaspoons balsamic vinegar	1 teaspoon cornstarch
2 teaspoons sugar	¼ to ½ red pepper flakes (optional)

Cook well rinsed quinoa in 2 cups water for 20 minutes. In the meantime, combine ¼ cup water, soy sauce, tomato paste, vinegar, sugar, red pepper flakes, and cornstarch in a small dish, set aside. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring until chicken is white and lightly browned. Add green beans, garlic and ginger. Cook and stir for 1 minute. Stir sauce and add to skillet. Cook and stir till sauce thickens, about 1 minute.

Serve over hot quinoa.

Yield: 6 Servings

Quinoa can be stored in a cool, dry, dark place for a year or more.