

Quinoa



Health benefits

- Rich in fiber and protein, and rich in important minerals like iron and magnesium.
- Good for blood sugar control and for the heart.

Storage

Dry uncooked quinoa should be stored in a cool, clean, dry place. Cooked quinoa will keep in an airtight container for up to 3 days in the refrigerator. You can also freeze quinoa for up to a month.

Preparation

Rinse 1 cup quinoa until the water runs clear. Transfer the quinoa to a medium saucepan with 2 cups water (or broth) and salt. Bring to a boil, then lower the heat and simmer, uncovered, until the quinoa is tender and a white “tail” appears around each grain, about 15 minutes.



Quinoa



Quinoa chickpea salad

Ingredients:

3 cups cooked quinoa
1 can chickpeas, drained and rinsed
1 cup tomatoes, diced
1 cup cucumbers, chopped (optional)
½ cup green pepper, diced
½ cup of carrots, grated
¼ cup onion, finely chopped
Herbs and spices of your choice
Salt and pepper to taste

Directions:

1. Combine all ingredients in a bowl
2. Taste and add salt, pepper and spices if needed
3. Serve over your favorite leafy greens and add olive oil or vinegar if wanted.
4. Enjoy!

Servings:4

*Recipe inspired from eatingbirdfood.com

