

# How to Cook Quinoa



## TIPS:

1. **Quinoa** (pronounced "*keen-wah*") should always be rinsed and drained before cooking as it grows its own bitter tasting soapy, resin-like outer coating called saponin to repel insects and birds.
2. **Brief history & nutrition facts:** **Quinoa** is the seed of the goosefoot plant. Goosefoot, which gets its name from the shape of its leaves, is a relative of spinach and Swiss chard.



Goosefoot Plant

Quinoa grows in the South American Andes Mountains, mostly in Chile, Peru and Bolivia, where it's been cultivated for over 5000 years. **Red quinoa**, shown in this recipe, grows at 12,000 feet in the Andean plateaus of Bolivia and has a slightly sweet, nutty flavor, great texture and is incredibly nutritious. **Quinoa of all colors** is a rich and complete protein source as it contains all 9 essential protein amino acids. It is gluten-free, high in fiber, easily absorbed by the body. It is also a good source of manganese, magnesium, iron, copper & phosphorous making it particularly noteworthy for people affected by migraine headaches, diabetes and atherosclerosis. And, although it does have some unsaturated (good) fat, it contains no trans fats, cholesterol or sodium (unless you add salt to cooking like I do - just a dash).

3. If quinoa is new to you, see **What to do with quinoa** on the last page of this recipe for some serving ideas. As always, though, imagination is your only limit!

**Cooking Time:** 15-20 minutes

Needed

(for 4 or more people)

1 Cup (8 ounces) Quinoa (I'm using red quinoa here, but this recipe applies to any quinoa variety)

2 Cups Water

1/2 - 1 Teaspoon Salt

1 Tablespoon Butter or Margarine (optional)

Measuring Cup

Fine Meshed Strainer

Medium (3 - 4 quart) Pot with Top

Table Knife

Timer





1. Measure **1 cup (8 ounces) of quinoa**, and pour the **quinoa** into a fine mesh strainer.



Rinse with **cold tap water** while running your fingers through the **quinoa seeds**. If your **quinoa** has a sudsy froth to it as you rinse it, keep rinsing until that froth, which has a bitter taste to it, is washed away. Then pour the **rinsed quinoa** into a medium sized pot.



2. Measure and add **2 cups (16 ounces) of cold water** to the **quinoa** in the pot.



3. Put the pot on the stove, turn on the burner heat to HIGH, and add an optional **1/2 - 1 teaspoon salt** (or about as much as shown) and about **1 tablespoon of butter or margarine**.





4. Cook until the water comes to a rapid boil. Then turn the burner heat down to LOW or SIMMER,...



...cover the pot with the top and set a timer for 15 minutes.



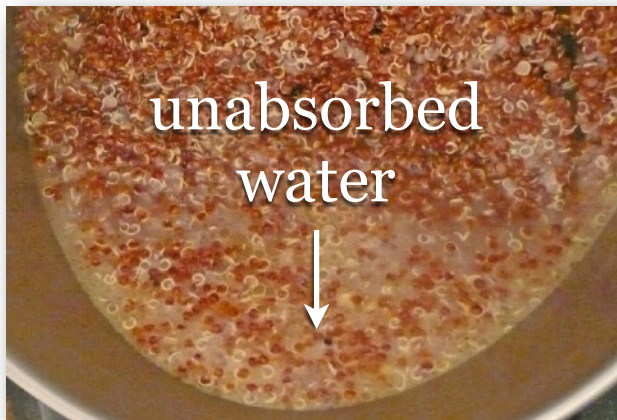
5. When the timer sounds, check the **cooked quinoa** for doneness by tipping the pot and checking to make sure that all the water has been absorbed as shown here. If, however,...



...all the water is not absorbed, like it's not in the picture on the left below, keep cooking the **quinoa**



over low heat with the pot half covered so that steam can escape as shown in the picture on the right for another 5-10 minutes. Then check again for doneness until what you see looks like the picture of the **cooked quinoa** above.



6. When the **quinoa** is done, stir and fluff it with a spoon or fork and serve.



## What to do with quinoa

**Quinoa** works great as a flavorful and highly nutritious substitute for pasta, rice or any other grain. It even works well in place of or along with morning cereal.



Here are only three suggestions. As mentioned at the beginning of this recipe, your imagination is your only limit.



**Quinoa with yogurt  
and fresh fruit**



**Quinoa power bars**



**Quinoa with tomato  
sauce and Parmesan  
cheese**



**Microwave cooked  
quinoa Alfredo**