Quinoa

 The Complete Protein

**Nutrition & Health Benefits**

* Quinoa (pronounced Keen-wah) has stepped into the spotlight as being a “Superfood”.
* Quinoa is gluten-free.
* Complete proteins (Contains all the parts necessary for our nutritional needs) are rare in the plant world, making quinoa an excellent food for vegetarians.
* Quinoa has many health benefits such as: **Keeps your GI system healthy**, **Full of antioxidants**, Relief of m**igraines, and Helps maintain your weight.**
* An excellent source of Vitamins and Minerals (B-vitamins, Iron, & Magnesium to name a few)
* One cup of quinoa

provides at least

5 grams of fiber.

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**Fun Facts**

* It has a natural covering called saponin (a bitter resin that keeps birds away).
* [NASA has proposed quinoa](http://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19940015664_1994015664.pdf) as an ideal food for long-duration space flights.
* Now being grown in areas of the Rocky Mountains, from Colorado to Saskatchewan, mostly at elevations of 7,000 to 10,000 feet.
* Quinoa crops can thrive on as little as three to four inches of annual rainfall.

**Ways to Enjoy Quinoa**

* + Cooks the same as rice.
		1. ½ cup Quinoa to 1 cup water.
		2. Bring to a boil, reduce heat, cover and let simmer for 15 minutes.
	+ Replace Quinoa for rice in food dishes.
	+ Add nuts &

fruits to

cooked quinoa

& serve as

breakfast porridge.

* + Add quinoa to your favorite vegetable soups.

Written and created by Tera Orr, UW-Stout Dietetic Intern, April 2013.

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