**Quinoa**

Pronounced Keen-wah

*Quinoa, quinoa my favorite whole grain,*

*Boiled or toasted, seasoned or plain.
High in protein, gluten free,*

*Rich in iron and vitamin B.
Full of fiber and a nutty flavor,*

*Easy to cook and a pleasure to savor.
Overshadowed by couscous, barley, and rice.*

*The less-popular quinoa is twice as nice.
It's fluffy and versatile; add veggies or beans.*

*Or make pudding, cold salads – nearly any cuisine!
I could eat it daily, again and again.*

*This healthful quinoa, "the mother grain!"*

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**To Cook Quinoa**

1. Soak/Rinse in water for 5-10 minutes then drain.
2. Add one cup Quinoa to two cups water in a saucepan.
3. Bring to a boil, reduce heat, cover and let simmer.
4. This usually takes 15 minutes or less.
5. You will know when the quinoa is done because it will look like it has popped open

**How Does it Taste?**
Quinoa looks a bit like couscous and is as versatile as rice, but it has a richer, nuttier flavor than either of them. The seeds have a naturally bitter coating to deter birds that must be soaked off before preparing. Packaged quinoa has likely been pre-soaked, but it’s always a good practice to wash and rinse before cooking.

Created and developed by Tera Orr, UW-Stout Dietetic Intern, April 2013

**Did you Know!?**

Just one cup of cooked Quinoa gives your body:

222 calories

3.6 grams of fat

39.4 grams of carbohydrate

8.1 grams of protein

5.2 grams of fiber

**Ways to Enjoy**

* Add nuts and fruits to cooked quinoa and serve as breakfast porridge.
* Try Quinoa as side dish instead of rice.
* Add quinoa to your favorite vegetable soups.
* Cooked quinoa can be added to [casseroles](http://www.savvyvegetarian.com/vegetarian-recipes/quinoa-carrot-zucchini-casserole.php), [pilafs](http://allrecipes.com/recipe/quinoa-pilaf-2/), and [risotto](http://skinnychef.com/recipes/quinoa-risotto)-like dishes.
* Quinoa flour can be added to cookie or muffin recipes.