



Keen for Quinoa

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What is quinoa?

Quinoa is a whole grain that became popular about 10 years ago as it's gluten-free, high in fiber, and is considered a complete protein.



What are the nutrition advantages of quinoa?

Similar to soy, quinoa contains all of the 9 essential amino acids that our bodies can't produce. It provides 5 grams of 20% of the daily intake for fiber in just 1/2 cup cooked.



What are the health benefits of quinoa?

One important health benefit of quinoa is that it may aid in the reduction of cholesterol and fat accumulation in the liver.



What are good ways to try or prepare quinoa?

Quinoa is not just for salads or sides. There are multiple ways it can be enjoyed.

1. Try quinoa at breakfast. Add your favorite dried fruit, chopped nuts, ground ginger, or cinnamon to cooked quinoa with a drizzle of honey.
2. Use quinoa as the base of your favorite grain bowl. Top with beans or cooked chicken, sauteed vegetables, and chopped avocados or olives.
3. Cook quinoa in beef, chicken, or vegetable broth to add more flavor.
4. Use cooked quinoa in place of bread crumbs or crackers in meatloaf or meatballs.
5. Add quinoa to chili and reduce the amount of meat used.
6. Make veggie burgers with quinoa, chopped mushrooms, and lentils.
7. Have quinoa as a side dish in place of rice or potatoes.
8. Toast quinoa and add to your yogurt instead of granola.