

What is Quinoa?

Known as the Mother of all Grains, quinoa (pronounced keen-wah), is not only high in fiber, but it is also the only whole grain that is a complete protein.

The Healthiest Way of Cooking Quinoa

- Add one part of the grain to two parts liquid in a saucepan.
- Bring to a boil, then reduce the heat to a simmer and cover.
- One cup of quinoa cooked in this method usually takes 15 minutes to be prepared.
- Once the grains become sheer, cooking is complete.

If you desire the quinoa to have a nuttier flavor, you can dry roast it before cooking; to dry roast, place it in a skillet over medium-low heat, and stir constantly for 5 minutes.

A Few Ways to Enjoy Quinoa

- Add nuts and fruits to cooked quinoa, and serve as breakfast porridge.
- For a twist on your favorite pasta recipe, use noodles made from quinoa.
- Add quinoa to your favorite vegetable soups.

Mini Ham and Cheese Quinoa Cups MAKES 28 MINI CUPS

2 cups cooked quinoa (about 3/4 cup uncooked)
2 eggs
2 egg whites
1 cup zucchini, shredded
1 cup shredded sharp cheddar cheese
1/2 cup diced ham
1/4 cup parsley, chopped
2 tablespoons Parmesan cheese
2 green onions, sliced
salt & pepper

Directions

- Preheat oven to 350 degrees.
- Combine all ingredients in a large bowl, and mix to combine.
- Liberally spray a mini muffin tin with non-stick spray, and spoon mixture to the top of each cup.
- Bake for 15-20 minutes, or until the edges of the cups are golden brown.
- Let cool for at least 5 minutes before removing from the mini muffin tin.

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