

Assorted Quinoa Recipes

Quinoa Avocado Salad

1 cup quinoa
1 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup red pepper, diced
2 scallions
 $\frac{1}{4}$ cup roasted pumpkin seeds
 $\frac{1}{4}$ olive oil
3 Tbsp lime juice
1 tsp sea salt
1 fresh ripe avocado
Optional add-ins: cooked black beans, roasted asparagus

- Rinse quinoa and drain.
- Place in a saucepan and cover with measured water. Cover and bring to boil, reduce heat to medium-low. Let simmer for 10 minutes.
- Turn off heat and fluff with fork onto a tray to cool.
- When quinoa is cool, add peppers, scallions, and roasted pumpkinseeds.
- Combine olive oil, water, lime juice, and salt. Toss with quinoa.
- Garnish with fresh, sliced avocado and any of the other add-ins.

Warm Quinoa Salad with Roasted Butternut Squash

1 small butternut squash, peeled, seeded and cut into cubes
Extra-virgin olive oil
Kosher Salt
Freshly ground pepper
 $\frac{1}{2}$ cup quinoa, rinsed
1 cup water
2 tsp fresh sage, minced
2 cloves garlic, minced
 $\frac{1}{2}$ orange, juiced
Cumin, to taste

Preheat oven to 400 degrees F.

- Mix the squash with small amount of olive oil and season with salt and pepper. Toss to combine and spread onto a foil covered baking sheet. Bake for about 15 minutes, turn and bake for an additional 15 minutes, until tender. Set aside to cool.
- In a small saucepan, bring 1 cup lightly salted water and $\frac{1}{2}$ cup of quinoa to a boil. Reduce heat to a simmer, cover and cook until the liquid is absorbed, about 12-15 minutes.
- In a separate sauté pan, heat a small amount of olive oil over medium heat. Add the garlic and sage and cook for 1 to 2 minutes until the garlic is soft, but not browned. Add the orange juice, cumin, and season with salt and pepper.

- Toss the orange juice mixture with the quinoa. Add the butternut squash and toss to combine. Serve warm, garnish with sage leaves if desired.

Mexican Tofu & Quinoa

1 pkg. firm tofu cut into very small cubes
1 Tbsp. chilli powder
1 Tbsp. tamari
3 Tbsp. sesame oil (not toasted)

- Combine tamari, oil and chilli powder. Coat tofu cubes well and bake in a glass 9x13" pan at 350°F for about 30 minutes.

2 cups cooked quinoa

- Use 1 cup dry quinoa and 2 cups water. Bring to a boil.
- Reduce to simmer for 20 minutes. Turn off and let sit for 5 minutes.
- For additional nutrition, place a piece of Kombu on top of the grains before cooking.

1 large onion, chopped
1 zucchini, chopped
1 red pepper, chopped
3 stalks celery, chopped
2 cloves chopped garlic
1 Tbsp. sesame oil
1 can crushed or diced tomatoes
1 tsp. dried basil
1 Tbsp. chilli powder
1 tsp. Celtic sea salt
1 Tbsp. tamari

- Sauté onion and garlic over medium heat in sesame oil.
- Add remaining vegetables and sauté until soft.
- Add remaining ingredients and cook until heated through. Remove from heat.
- Add cooked quinoa and baked tofu to tomato mixture.

Tangy Quinoa Salad

1 ½ cups quinoa
2 ½ cups water
¼ cup lemon juice
¼ cup orange juice
1 Tbsp. grated orange rind
1/3 cup Udo's oil or extra-virgin olive oil
3 medium oranges, cut into sections and cut into thirds
1/3 cup fresh mint leaves, finely chopped
1/3 cup fresh parsley, finely chopped
1/3 cup slivered almonds
1/3 cup raisins or dried cranberries

- In a saucepan, combine quinoa, water, lemon juice, orange juice and rind. Bring to a boil, reduce and let simmer for about 20 minutes.
- Let cool and add remaining ingredients to quinoa.
- Let salad stand 30 minutes before serving to allow flavours to develop.

Amaranth & Quinoa Salad

This salad is great for a weekend brunch and serves approximately 10 people as a side salad.
Experiment a little...

1 ½ cups quinoa (washed and roasted until slightly brown)
½ cup amaranth (washed and roasted until slightly brown)
1/3 cup dried spearmint leaf
½ Tbsp. each of cumin, coriander, sea salt and onion powder
1/3 cup diced carrots, celery and red onion
1/3 cup washed and chopped, fresh parsley
1/3 cup sunflower seeds
3 cups vegetable stock
2 Tbsp. freshly squeezed lime juice

- Use the widest pan you have. If the mixture cooks in a narrow, deep pan it tends to clump up.
- Add all the ingredients (except lime juice) into the pan and simmer until all the moisture is absorbed.
- Add the lime juice at the end and refrigerate uncovered.
- Serve and enjoy!

Pecan Quinoa Supreme

2 cups quinoa (cooked)
½ cup chopped onion
½ cup celery
½ cup chopped pecans
¼ cup minced fresh parsley
¾ tsp. poultry seasoning
¼ tsp. sage
1 tsp. Herbamere®
Fresh ground black pepper
3 Tbsp. melted butter
1 Tbsp. tamari
½ cup water or stock

- Combine cooked quinoa with melted butter.
- Add remaining ingredients and toss lightly to mix well.
- Taste and adjust seasonings.
- Makes enough stuffing for a large roasting chicken or small turkey.

Casserole style:

Place in a covered casserole dish and bake for 20 minutes at 350°F.

Stuffing style:

Use to stuff a chicken or turkey.

Quinoa Pilaf with Rosemary and Walnuts

1 Tbsp. extra virgin olive oil
1 red onion, peeled and chopped
1 red pepper, diced
1 zucchini, diced
2 cloves chopped garlic
½ cup quinoa
½ cup brown basmati rice
1 tsp. dried rosemary
1 tsp. Celtic sea salt
2 Tbsp. Bragg's Seasoning®
1 large piece of Kombu
2 cups filtered water
½ cup walnuts (toasted and chopped)
1 cup chopped parsley

- Sauté red onion, pepper and zucchini in extra virgin olive oil, over medium heat.
- Add garlic and rosemary.
- Stir in rice and quinoa and stir to toast the grains. Add water, sea salt, Bragg's and Kombu. Bring to a boil.
- Reduce heat to low and simmer for 30 minutes. Let stand 5 minutes.
- Remove from heat and stir in parsley and toasted walnuts.

Crunchy Quinoa Salad

2 cups cooked quinoa
1 cup grated carrot
½ cup finely chopped red pepper
1.2 cup finely chopped celery
3 green onions
¼ cup sunflower seeds
1 cup chopped parsley

Dressing:

1/3 cup extra virgin olive oil
3 Tbsp. apple cider vinegar
1 Tbsp. lemon juice
1 Tbsp. tamari
½ tsp. black pepper
1 tsp. Herbamere
¼ toasted sesame seeds

- Place salad ingredients in a large bowl.
- Stir to combine.
- Mix dressing ingredients together in a glass jar.
- Shake well and pour over salad.

Quinoa-Stuffed Acorn Squash

½ cup Quinoa
1 ½ cup Water
2 Small acorn squash, halved seeds removed
2 tsp. Olive Oil
1 Garlic clove (chopped)
1 Onion (chopped)
2 Carrots (Shredded)
½ cup Orange Juice
¼ cup Raisins
1/3 cup Dried Cranberries

- Place the squash cut side down on a microwave-safe plate for 8 minutes until tender OR roast at 350 for 40 min
- Rinse Quinoa until water runs clear.
- Combine water and quinoa and bring to a boil. Cook for 15 minutes or until the water is absorbed.
- Heat oil in skillet and cook garlic, onion and carrots until soft.
- Stir in orange juice, raisins, cranberries and cooked quinoa for 5 minutes or until juice is absorbed.
- Spoon the quinoa mixture evenly into the squash making four servings. ENJOY!