

Quinoa

Quinoa (pronounced 'keen-wah') is a 'pseudo-cereal', as are amaranth and buckwheat. Pseudo-cereals are nutritionally similar and used in similar ways to true grains, however they are not part of the grain botanical family, Poaceae.

Quinoa is a small, typically light-coloured round grain similar in appearance to sesame seeds. It is also available in red, purple and black. Sacred to the Incas, quinoa was referred to as 'chisaya mama', meaning the mother of all grains.

Did you know?

- Quinoa is one of the only plant foods that contain complete protein, providing all the essential amino acids.¹
- Quinoa is gluten free and has a low glycemic index.²

Cooking tips

- Quinoa has a subtle nutty taste that marries well with all kinds of ingredients.
- The grain cooks quickly to create a light, fluffy side dish and it can also be added to soups, salads and baked goods.
- Rinse quinoa well before cooking as it has a bitter residue of saponins, a naturally occurring plant defence.
- To cook, add 1 cup of quinoa to 2 cups of water, bring to a boil then simmer for 12–15 minutes until the water is absorbed.
- Like couscous, quinoa benefits from a quick fluff with a fork just before serving.

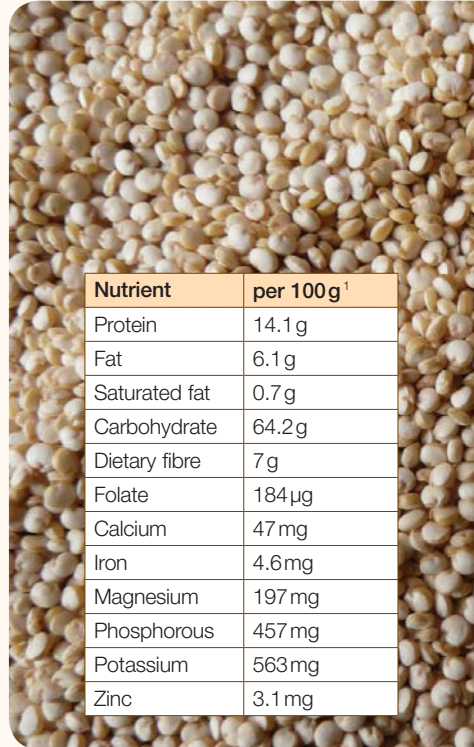
Sources

1. USDA National Nutrient Database for Standard Reference, Release 23. 2010.
2. University of Sydney Glycemic Index Database. 2012.



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Nutrient	per 100g ¹
Protein	14.1 g
Fat	6.1 g
Saturated fat	0.7 g
Carbohydrate	64.2 g
Dietary fibre	7 g
Folate	184 µg
Calcium	47 mg
Iron	4.6 mg
Magnesium	197 mg
Phosphorus	457 mg
Potassium	563 mg
Zinc	3.1 mg

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French style lentil and quinoa salad



Serves: 6 as a side dish

Preparation time: 40 minutes

Ingredients

¾ cup French style lentils

¾ cup quinoa

1 red apple, quartered, cored
and sliced finely

1 Lebanese cucumber, sliced finely
lengthwise

3 celery stalks, sliced finely

5 spring onions, sliced finely

Dressing

⅓ cup rice wine vinegar

2 tablespoons extra virgin olive oil

1 tablespoon brown sugar

2 tablespoons lime or lemon juice

Nutrition information per serve

Energy 1020kJ, Protein 9.7g, Fat 8.2g,
Saturated fat 1.3g, Carbohydrate 33.2g,
Fibre 6g, Sodium 30mg

Method

1. Place lentils and ¾ cup of water into a saucepan and bring to the boil. Reduce heat and simmer for 20 minutes. Drain and set aside to cool.
2. Meanwhile, add quinoa and 1 cup of water into a small saucepan. Bring to the boil then reduce heat to low. Cover and cook for 10–12 minutes or until stock is absorbed and quinoa is tender. Fluff with a fork and set aside to cool.
3. To prepare dressing, place all ingredients in a small bowl and whisk to combine.
4. In a serving bowl, combine cooked and well drained lentils and quinoa with apple, cucumber, celery and spring onions. Pour over dressing and mix well.



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