



QUINOA: A NEW LOOK AT AN ANCIENT GRAIN

A NUTRITION POWERHOUSE

Quinoa (pronounced keen-wah) is a recently rediscovered ancient "grain," native to Central America.

This tiny seed is a powerhouse when it comes to nutrition.

HIGH IN PROTEIN. Around 12–18%, an unusual occurrence among plant foods. In fact, the protein in quinoa is considered to be a "complete protein," as it contains all eight essential amino acids which are needed for building and maintaining muscle in humans. Just four ounces, about ½ cup, will provide a child's protein needs for one day.

HIGH IN CALCIUM AND IRON - nutrients essential to women's health.

NATURALLY GLUTEN-FREE - Quinoa also makes a nutritious and flavorful alternative grain for those with gluten sensitivity.

GOOD SOURCE OF FIBER. Providing 3 grams of dietary fiber per serving, quinoa would be a worthy addition to anyone's diet.

SIMPLE TO USE - TIPS FOR PREPARING QUINOA

The first step is to remove the saponins, a natural bitter coating, by soaking the ancient grain in water. While most boxed quinoa has been pre-rinsed for convenience, it is still a good idea to wash the seeds and remove any remaining saponin residue. Simply run cold water over quinoa and gently rub the seeds together. To ensure that the saponins have been completely removed, taste a few seeds. If they still have a bitter taste, continue the rinsing process.

A common cooking method is to treat quinoa much like rice. Bring 2 cups of water to a boil and add 1 cup quinoa. Bring the mixture back to a boil, covering the pan with a lid, and continue to cook over medium heat for 12-15 minutes. Remove from heat, fluff, cover again and let stand for 15 minutes. This should yield around 4 servings.

QUICK SERVING IDEAS

Quinoa will produce a fluffy, creamy and slightly crunchy consistency with a mild and somewhat nutty flavor when cooked. Try incorporating quinoa into your next meal using one of these quick serving ideas.

- Substitute quinoa for rice in any entree, soup or salad recipe.
- Create a side dish with a kick of flavor by substituting water with chicken or vegetable stock when cooking quinoa.
- Mix quinoa with honey, almonds or berries for a high-protein hot breakfast cereal.
- For a twist on your favorite pasta recipe, use noodles made from quinoa.
- Ground quinoa flour can be added to cookie or muffin recipes.

Quinoa may be found in the HealthMarket department at your local Hy-Vee store. For additional ideas on cooking with this ancient grain, contact a Hy-Vee registered dietitian.

BLUEBERRY QUINOA SALAD

Serves 8

Source: Hy-Vee recipe of month, Try-Foods International

ALL YOU NEED

- 1 cup quinoa
- 2 cups water
- Salt, to taste
- 1 1/2 cups fresh blueberries
- 4 oz. reduced-fat feta cheese, crumbled (1 cup)
- 1/3 cup chopped toasted walnuts
- 1/2 cup chopped fresh parsley
- 1/4 cup diced red bell pepper
- 1/4 to 1/3 cup light raspberry-walnut vinaigrette dressing

All you do

1. For the salad, in a heavy sauté pan, toast the quinoa on medium-high heat, stirring constantly, until it begins to brown, about 5 minutes.
2. Meanwhile, bring 2 cups water to boiling, then carefully pour water into the quinoa. Add salt to taste; cover, reduce heat to low and cook 15 minutes. Transfer quinoa to a large bowl; let cool.
3. Add blueberries, feta cheese, walnuts, parsley and bell pepper; mix gently. Drizzle dressing over salad; stir to coat. Cover and refrigerate at least 1 hour before serving.

Nutrition facts per serving: 166 calories, 7g fat, 2g saturated fat, 5mg cholesterol, 265mg sodium, 20g carbohydrate, 3g fiber, 7g protein.

WHAT'S NEW & EXCITING



LAUGHING COW CHEESE

With only 35 calories a wedge, Laughing Cow Cheese is a perfect spread to pair with a whole grain cracker or veggie! Try one of these new flavors for a healthy, light snack:

- Light Blue Cheese
- Light Mozzarella, Sundried Tomato & Basil
- Light Queso Fresco & Chipotle



CHOBANI GREEK YOGURT

Greek yogurt has double the amount of protein as regular yogurt. Protein can help with weight loss and weight management by helping you feel full longer. New Greek yogurt flavors:

- Pineapple
- Pomegranate



DR. KRACKER

New pumpkin cheddar-flavored Dr. Kracker's crackers are a good source of pumpkin and flax seeds. Pumpkin and flax seeds have a great benefit for heart health!

HOT APPLE QUINOA

ALL YOU NEED

- ½ cup Bob's Red Mill whole grain quinoa
- ½ cup instant brown rice
- 1 apple, cored and chopped
- 1 tsp ground cinnamon
- 2 cups water
- 2 tbsp raisins
- 2 tbsp dried cranberries
- 2 tbsp chia seeds
- 2 tbsp light agave nectar

ALL YOU DO

1. In a 4-quart microwave-safe bowl, combine quinoa, rice, apple, cinnamon and water.
2. Microwave on HIGH power for 12 minutes.
3. Stir in raisins, dried cranberries, chia seeds and light agave nectar.

Nutrition per ½ cup serving: 130 calories, 27 g carbohydrate, 3 g protein, 2 g fat, 0 g saturated fat, 3 g fiber, 0 mg cholesterol, 0 mg sodium.



DID YOU KNOW? SWEET CORN

There are five simple and quick methods for cooking fresh sweet corn.

- 1.) **Grill:** Sweet corn can be grilled either with or without the husk.

For a slightly charred, smoky flavor, grill sweet corn out of the husk. Simply brush the ears with melted butter or flavored oil and grill over medium heat, turning often, until kernels are golden, around 7 to 10 minutes.

If you prefer a more intense corn flavor, grilling in the husk is the preferred method.

Pull back the husks and remove silks; replace husks and tie in place with a strip of husk or string. Soak in water for 10 minutes. Grill with medium heat, turning often, for 7 to 10 minutes.

- 2.) **Microwave:** In the microwave, place no more than four ears of husked corn, wrapped individually in damp paper towels. Microwave on HIGH until hot, about 2 minutes per ear.
- 3.) **Skillet-Steam:** In a skillet, bring 1 inch of water to a boil. Add husked corn in a single layer. When the water returns to a boil, reduce heat, cover and cook until hot, about 3 minutes; drain.
- 4.) **Boil:** In a deep saucepan, bring 4 inches of water to a boil. Add husked corn. When the water returns to a boil, cook until hot, about 2 minutes; drain.
- 5.) **Roast:** Preheat oven to 500° F. In a shallow baking pan, place husked ears and roast until corn is hot and kernels turn golden brown, about 7 minutes.



The information is not intended as medical advice. Please consult a medical professional for individual advice.