



All About Quinoa

Sometimes the basic is not the basics so I have compiled a set of basics that hopefully will be handy. My first will be quinoa pronounced (KEEN -Wah). Quinoa comes in different colors. The three most common; the transparent yellow, red, and the multi consisting of orange, pink, red, purple, and black. Looking for a gluten-free alternative to rice, quinoa is an excellent option.

While quinoa is referred to as a grain it is not technically a grain, however, it is the seed of a plant that is related to leafy greens vegetables like spinach and swiss chard. Quinoa is not only packed with protein, but the protein it supplies is complete meaning it has all nine essential amino acids.

Four Steps to The Best Tasting and Most Nutritious Quinoa

Selection: Quinoa expands three to five its original size. Quinoa should be found in your local food store or health food store. I like this brand. I highly recommend organic quinoa whenever possible

Storing: Quinoa can be stored in an airtight container in the refrigerator for up to six (6) months.

Preparation: Quinoa is coated with saponin compounds, a natural insect repellent. While most are removed by cultivation. It is still necessary to thoroughly wash the seeds to remove any remaining residue. Place the quinoa in a bowl and cover with water and swish around. The soapy residue will float to the top. Then place in a fine, mesh strainer and run with cold water over it again, gently rubbing the seeds with your fingers. Do this until the water is clear. Tip: To know if it is rinsed completely taste a few seeds. If it is bitter, continue the rinsing process.

Cooking directions:

1 cup quinoa

2 cups water

Place well rinsed quinoa (see instructions above) with water in a pot, cover and bring to a boil.

Turn the heat to low, keep covered, and simmer for 15 minutes.

Then remove the pot from the heat, leave covered and let the quinoa steam for an additional 5 minutes. At this time I like fluffing with a fork.

Try my [Tabbouleh](#), [Veggie Quinoa](#), [Quinoa porridge](#), [Quinoa Breakfast Cakes](#), and [Quinoa and Berry Breakfast Cereal](#).

Reference:

Mateljan, G. (2007). *Worlds Healthiest Foods: Essential Guide for the Healthiest Way of Eating* (1st ed.). Unspecified.