

Fun Food Feature of the Week!

Amaranth

- A staple food for the pre-Columbian Aztecs who believed that amaranth had supernatural powers and was incorporated into their religious ceremonies.
- Amaranth is a very nutrient dense whole grain with a variety of uses. In Mexico, it is used to make a type of candy and also a drink. In Peru, it is allowed to ferment to make beer.
- In the U.S., Amaranth is used primarily as a grain and can be cooked, ground to make flour, popped like popcorn, sprouted, or toasted. The seeds can be added to other grains and other foods as a thickening agent.
- Amaranth seed is high in protein (15%-18%), fiber (3 times more than wheat), and iron (5 times more than wheat).
- Amaranth should be stored in a tightly sealed container (preferably glass) and should be refrigerated. www.chetday.com/amaranth



Amaranth Raisin-Nut Bread

- 1/2 cup raisins
- 1/2 cup amaranth grain
- 1 cup boiling water
- 2 eggs
- 1/2 cup honey
- 4 Tablespoons butter or margarine
- 1 cup white flour
- 1 cup wheat flour
- 2 teaspoons baking powder
- 1/2 cup chopped walnuts
- 1 teaspoon vanilla



Preheat oven to 350 degrees. Prepare a loaf pan by spraying with cooking spray. Soak raisins, amaranth and butter in boiling water for 15 minutes. Mix eggs, honey, and vanilla in a small bowl. In a large bowl mix the flours, baking powder and walnuts. Combine all mixtures in the large bowl with flours. Beat all ingredients together. Pour into loaf pan and bake for 45 minutes. (Exchanges: 2 starch, 2 fat approx. 1" slice.)