

Fun Food Feature of the Week!

Quinoa

- It is pronounced 'keen wa' and is an ancient grain that comes from the Andes Mountains in South America.
- As one of the 3 staple foods (in addition to corn & potatoes) for the Inca population it is still referred to as the "Super grain of the future" or "the mother grain".
- Quinoa has more protein (16-20% as compared to 7-9%) than any other grain and contains large amounts of the amino acids lysine, cystine, and methionine.
- As a complex carbohydrate containing essential linoleic acid, Quinoa can be substituted for many other grains.
- One 1/2 cup serving contains about 30 grams of carbohydrate, 3 grams of fat, 3 grams of fiber, and 5 grams of protein.
- Try quinoa today as a cereal, as a substitute for a rice side dish, or in a salad. www.quinoa.net



Creamy Quinoa Primavera

www.bettycrocker.com



1 1/2 cups uncooked quinoa

3 cups chicken broth

2 ounces reduced-fat cream cheese

1 T. of fresh chopped basil or 1 t. dry basil

2 t. butter or margarine (use garlic flavored cooking spray instead)

2 cloves of finely chopped garlic

5 cups of finely sliced vegetables (zucchini, peppers, onion, asparagus, carrots, broccoli)

2 T. Romano cheese

Rinse quinoa well and drain. Cook quinoa in broth in a 2 quart sauce pan for 15-20 minutes until all of the broth is absorbed. Add cream cheese and basil. Cover and remove from the heat.

In a non-stick skillet, heat cooking spray and add garlic and vegetables. Saute until vegetables are tender but slightly crisp.

Combine both mixtures and sprinkle with Romano cheese.

Servings: 6 3/4 cup servings, 2 starch, 1 vegetable, 1/2 medium fat meat