

Nutrition Education

Quinoa

While often thought of as a grain, quinoa is actually a seed. Quinoa is relatively easy to prepare, is gluten free and has a satisfying nutty flavor which has helped it gain widespread popularity in recent years. A good source of fiber and iron, quinoa is also a source of complete protein which is rare among plant based foods. The recipe below is simple to prepare and can help get your day off to a great start!

Quinoa Hot Cereal

Ingredients:

- 2 cups 1 % milk, plus more for serving
- 1 cup quinoa, rinsed in fine mesh strainer
- 3 tablespoons light-brown sugar
- 1/8 teaspoon ground cinnamon (optional)
- 1 tsp vanilla
- Blueberries and sliced bananas for serving

Directions:

Bring milk to a boil in a small saucepan. Add quinoa, and return to a boil. Reduce heat to low, and simmer, covered, until three-quarters of the milk has been absorbed, about 15 minutes.

Stir in sugar, cinnamon and vanilla. Cook, covered, until almost all the milk has been absorbed, about 10 minutes. If quinoa seems dry, add additional milk. Serve with additional milk, blueberries and bananas. This recipe will yield about 4 cups of cooked quinoa.

