



Quinoa: An Ancient Food Back in Fashion

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Pronounced "KEEN-wah", quinoa is a protein-rich food. Because this grain is so mild-flavored and versatile, you'll find lots of easy quinoa recipes that will suit your taste. There are tons of great quinoa recipes at www.allrecipes.com.

Quinoa was a staple of ancient Andean civilizations. Today, thousands of quinoa varieties thrive, ranging in color from pale ivory to yellow and even purplish black. Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard.

Nature protects each grain of quinoa with a coating of saponin, a bitter, soap-like substance that acts as a natural insect repellent, so it is important to rinse quinoa well before cooking. Unlike other whole grains, the germ – the nutrient-rich middle layer of a grain – covers the entire kernel of quinoa. As quinoa cooks, the germ separates from the kernel, creating little white rings. When you see these rings, you know the grains are fully cooked.

Quinoa is good served hot or at room temperature. It works well in pilafs, stews, soups, salads and as a morning cereal drizzled with maple syrup. To cook quinoa for a pilaf or salad, you can use water or broth. For cereal, try apple or orange juice. To make the cooked grains fluffier, first rinse and roast them in a dry non-stick pan over medium-low heat, stirring until they become fragrant and pop. In about three minutes, when the popping stops, add the liquid, cover and cook until the quinoa is done, about 15 minutes.

EASY COOKING DIRECTIONS: 1¾ cup of water, 1 cup quinoa. Bring water to boil, add quinoa. Simmer uncovered for 12 minutes. All liquid should be absorbed. Fluff with a fork. Makes 3 ½ cups. Serve hot or cold.