

Fresh Fruit with Quinoa Crumble

Fresh fruit brings a natural sweetness to any dish and goes wonderfully with spicy cinnamon, earthy nutmeg, and nutty quinoa. This easy dish is great for breakfast but can also be enjoyed as a snack or dessert.

Yield: 4 cups	Prep time: 5 minutes	Cook time: 35 minutes	Serving size: 1 cup
Each serving has:			
358 calories	75.2 g carbohydrates	4.2 g fat	4.5 g fiber
9.4 g protein			

1 cup water
½ cup uncooked quinoa, rinsed
and drained
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ cup raisins

2 medium yellow peaches, peeled,
pitted, and cut into ½-in. cubes
8 fresh strawberries, sliced
½ cup fresh blueberries
½ cup fresh raspberries
½ cup fresh blackberries

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a medium saucepan over high heat, combine water and quinoa. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes or until almost all liquid is absorbed.
3. Turn off heat, and let stand, covered, for 5 minutes.
4. Stir in cinnamon, nutmeg, and raisins.
5. Transfer quinoa mixture to the prepared baking sheet, and spread out evenly. Bake for 15 minutes.
6. Distribute peaches, strawberries, blueberries, raspberries, and blackberries equally among 4 serving bowls. Top with equal parts of mixture, and serve.



DEFINITION

A **crumble** is a fruit dessert with a crumbly topping. Here, quinoa is combined with cinnamon and nutmeg to make the “crumble” topping.

Quinoa Frittata with Crispy Bacon

Smoked bacon is accented by the slightly anise yet sweet flavor of fresh basil leaves in this easy skillet egg dish. Fresh lemon zest and feta cheese make for a perfect balance of flavors.

Yield: 1 (8-inch) frittata	Prep time: 10 minutes	Cook time: 8 minutes	Serving size: 1 slice
Each serving has:			
159.2 calories	8.3 g carbohydrates	9.1 g fat	1.0 g fiber
10.9 g protein			

3 slices smoked bacon	¼ cup chopped white onion
10 large eggs	1 batch Quick-and-Easy Quinoa (recipe in Chapter 1)
¼ cup nonfat milk	½ cup chopped fresh basil leaves
Fine zest of ½ lemon	¼ cup crumbled feta cheese
1 tsp. sea salt	
½ tsp. ground black pepper	

1. Preheat the broiler to high.
2. In an 8-inch heavy ovenproof skillet over medium heat, cook smoked bacon for about 3 minutes. Flip over bacon, and cook for 3 more minutes or until crisp and cooked through. Using a fork or tongs, remove bacon from the skillet, and transfer to a paper towel to drain. Do not wipe out the skillet.
3. When bacon has cooled, use your fingertips to crumble. Set aside.
4. In a large bowl, whisk together eggs, nonfat milk, lemon zest, sea salt, and black pepper until well combined.
5. Return the skillet to medium heat. Add egg mixture, and tilt the skillet slightly to be sure egg mixture spreads evenly around the pan.
6. Evenly sprinkle white onion, Quick-and-Easy Quinoa, basil, feta cheese, and crumbled bacon over egg mixture. Cook for about 4 minutes or until edges are set.

7. Transfer the skillet to the oven, and broil for 1 minute or until center of frittata is cooked.
8. Remove from the oven, slice as you would a pie into 8 pieces, and serve.



KEEN ON QUINOA

A cast-iron skillet is perfect for this recipe. Available in all shapes and sizes, they can be used both on the stovetop and in the oven. Never wash your cast-iron skillet with soap or let soak in water, or the skillet will rust. To clean, simply wipe with a paper towel. Use water only for tough-to-clean skillets. Wipe your clean skillet with vegetable or canola oil to keep it in good condition.

Coffee Cake with Quinoa Crumble

Sweet brown sugar and cinnamon combine with a nutty quinoa oat topping on this coffee cake that contains more protein than traditional coffee cake and tons of flavor.

Yield: 1 (8-inch-square) cake	Prep time: 20 minutes	Cook time: 30 minutes	Serving size: 1 square
Each serving has:			
323.0 calories 4.0 g protein	53.0 g carbohydrates	13.0 g fat	0.7 g fiber

1 TB. plus $\frac{1}{4}$ cup unsalted butter, softened	$2\frac{1}{2}$ tsp. baking powder
$\frac{1}{4}$ cup Quick-and-Easy Quinoa (recipe in Chapter 1)	$\frac{1}{2}$ tsp. sea salt
$\frac{1}{4}$ cup quick-cooking oats	1 large egg, beaten
$\frac{1}{2}$ cup brown sugar, firmly packed	$\frac{3}{4}$ cup sugar
$1\frac{3}{4}$ cups sifted all-purpose flour	$\frac{1}{3}$ cup unsalted butter, melted
1 tsp. ground cinnamon	$\frac{1}{2}$ cup nonfat milk
	1 tsp. pure vanilla extract

1. Preheat the oven to 375°F. Grease an 8-inch-square casserole dish with 1 tablespoon softened unsalted butter.
2. Spread cooked Quick-and-Easy Quinoa and quick-cooking oats in an even layer on a baking sheet, and toast for about 10 minutes.
3. In a small bowl, combine remaining $\frac{1}{4}$ cup softened unsalted butter, brown sugar, $\frac{1}{4}$ cup all-purpose flour, cinnamon, and toasted quinoa and oats. Blend with a fork until crumbly.
4. In a large bowl, combine remaining $1\frac{1}{2}$ cups all-purpose flour with baking powder and sea salt.
5. In another small bowl, whisk egg, sugar, and melted unsalted butter. Add nonfat milk and vanilla extract, and mix well.

6. Stir milk mixture into flour mixture, and mix well. Pour batter into the greased casserole dish, and sprinkle crumbled butter–brown sugar mixture evenly over top.
7. Bake for about 30 minutes or until a toothpick inserted into the center comes out clean. Cut into 9 squares, and serve.



QUICK FIX

Think of combining wet ingredients and dry ingredients like you're sorting laundry, separating white clothes from dark clothes. All similar textures—meaning wet or dry—go together separately, in separate bowls, first. Then, for best results, slowly add the wet ingredients to the dry ingredients.

Wild Berry Quinoa Scones

Sweet berries are always a treat. In these tasty breakfast scones, fresh raspberries, blackberries, and blueberries burst with sweetness and flavor—and healthy antioxidants, too.

Yield: 8 to 10 scones	Prep time: 16 minutes	Cook time: 20 minutes	Serving size: 1 scone
Each serving has:			
207.7 calories 6.8 g protein	37.5 g carbohydrates	4.3 g fat	4.7 g fiber

2 TB. unsalted butter, melted	1 cup Quick-and-Easy Quinoa (recipe in Chapter 1)
2 TB. honey	1 cup nonfat milk
¼ cup fresh blueberries	1¾ cups whole-wheat flour
¼ cup fresh raspberries	4 tsp. baking powder
¼ cup fresh blackberries	1 tsp. ground cinnamon

1. Preheat the oven to 350°F. Line a baking sheet with *parchment paper*.
2. In a large bowl, combine melted unsalted butter, honey, blueberries, raspberries, blackberries, and Quick-and-Easy Quinoa. Slowly add nonfat milk, and stir until just combined.
3. In a small bowl, stir together whole-wheat flour, baking powder, and cinnamon.
4. Working in ¼-cup increments, add whole-wheat flour mixture to berry mixture until well combined. Roll into a ball.
5. On a parchment paper-lined countertop or other smooth work surface, and using a rolling pin, gently roll out dough to about 1 inch thick. Using a knife, cut dough into 8 to 10 wedges, and place wedges on the prepared baking sheet.
6. Bake for about 20 minutes or until lightly golden. Serve warm with your favorite jam.



DEFINITION

Parchment paper is a moisture-resistant paper. It creates a nonstick, heat-resistant surface for baking. You can find it at most grocery stores.

Black Bean and Quinoa Salad

The deliciously rustic flavor of black beans goes nicely with spices, fresh herbs, cheese, sour cream ... pretty much everything. Enjoy this fun, healthy salad that's highlighted by the flavor of fresh cilantro.

Yield: 6 cups	Prep time: 20 minutes	Serving size: 1 cup
Each serving has:		
187.3 calories	28.2 g carbohydrates	3.7 g fat
7.0 g fiber	11.4 g protein	

½ medium white onion, diced	1 medium jalapeño pepper, seeded and diced
¼ cup fresh corn kernels	
½ TB. fine lime zest	1 (15-oz.) can black beans, rinsed and well drained
1 tsp. sea salt	2 TB. chopped fresh cilantro leaves
1 tsp. ground black pepper	1 batch Quick-and-Easy Quinoa (recipe in Chapter 1)
1 tsp. cayenne	6 TB. shredded low-fat mozzarella cheese
2 cups roughly chopped romaine lettuce leaves	
2 fresh Roma tomatoes, seeded and diced	

1. In a large bowl, toss together white onion, corn kernels, lime zest, sea salt, black pepper, cayenne, romaine lettuce, Roma tomatoes, jalapeño pepper, black beans, cilantro, and Quick-and-Easy Quinoa.
2. Place salad in 6 serving bowls, top each with 1 tablespoon mozzarella cheese, and serve.



KEEN ON QUINOA

Black beans have been around as long as quinoa. And like quinoa, they're super good for you, packed with fiber, folate, protein, antioxidants, vitamin B, and many other vitamins and minerals. They're inexpensive and widely available in grocery stores either dried or canned.

Quinoa Salad with Red Bell Pepper, Corn, and Cayenne

Fresh herbs shine in this salad, as does spicy cayenne. Fresh basil provides a slight minty-ness and is a good balance to bitter Italian parsley. Each is accompanied by tangy garlic—and of course, quinoa.

Yield: 6 cups	Prep time: 20 minutes	Serving size: 1 cup
Each serving has:		
210.3 calories	28.7 g carbohydrates	9.0 g fat
3.6 g fiber	5.4 g protein	

4 cups Quick-and-Easy Quinoa (recipe in Chapter 1)	½ small red onion, chopped
1 cup chopped fresh basil leaves	1 cup fresh corn kernels
¼ cup chopped fresh Italian flat-leaf parsley leaves	1 tsp. sea salt
1 TB. chopped fresh garlic	1 tsp. ground black pepper
1 medium red bell pepper, ribs and seeds removed, and diced	1 tsp. cayenne
	1 TB. fine lemon zest
	3 TB. extra-virgin olive oil

1. In a large bowl, toss together Quick-and-Easy Quinoa, basil, Italian flat-leaf parsley, garlic, red bell pepper, red onion, and corn kernels.
2. Add sea salt, black pepper, cayenne, lemon zest, and extra-virgin olive oil. Toss well to coat, and serve.

Quinoa Salad with Pancetta and Smoked Paprika

My mouth waters at the thought of pancetta, a light, Italian-style bacon that has a naturally salty flavor. This flavorful salad, paired with the smokiness of paprika, is capped off with fresh basil.

Yield:	Prep time:	Cook time:	Serving size:
4 cups	10 minutes	15 minutes	1 cup
Each serving has:			
335.4 calories	33.3 g carbohydrates	15.1 g fat	3.8 g fiber
16.0 g protein			

6 oz. pancetta, chopped	½ cup chopped broccoli florets (about ¼ head)
½ cup chopped white onion	1½ tsp. smoked paprika
2 cups chicken broth	1 tsp. sea salt
1 cup uncooked quinoa, rinsed and drained	1 tsp. ground black pepper
1 medium red bell pepper, ribs and seeds removed, and diced	¼ cup chopped fresh basil

1. In a heavy skillet over medium-high heat, cook pancetta and white onion for about 3 minutes or until crisp. Remove from heat, and set aside.
2. In a medium saucepan over medium-high heat, combine chicken broth and quinoa. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid has been absorbed. Remove from heat, and set aside.
3. In a large bowl, toss red bell pepper and broccoli florets. Add quinoa, smoked paprika, sea salt, and black pepper, and toss again.
4. Spoon 1 cup servings on each of 4 plates. Sprinkle crumbled pancetta and onion mixture on top of each serving, followed by fresh basil, and serve.

Quinoa Grilled Salmon Salad

One of my favorite ways to enjoy salmon is grilled. Smoked paprika, cayenne, and lemon zest enhance the flavor of the grilled salmon in this salad.

Yield: 4 cups quinoa plus 1 lb. fish	Prep time: 10 minutes	Cook time: 15 minutes	Serving size: 1 cup quinoa plus 4 ounces fish
Each serving has:			
453.0 calories	34.2 g carbohydrates	18.8 g fat	3.4 g fiber
35.1 g protein			

2 cups vegetable broth	2 tsp. smoked paprika
1 cup uncooked quinoa, rinsed and drained	1½ tsp. cayenne
½ medium white onion	1 TB. fine lemon zest
1 lb. fresh salmon fillet	1 tsp. sea salt
3 TB. olive oil	1 tsp. ground black pepper

1. In a medium saucepan over medium-high heat, combine vegetable broth, quinoa, and white onion. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid has been absorbed. Remove from heat, and set aside.
2. Coat salmon fillet with 2 tablespoons olive oil.
3. In a grill pan or a heavy skillet over medium heat, heat remaining 1 tablespoon olive oil. Add salmon, skin side up, and cook for about 5 minutes. Using a long, flat spatula, flip over salmon, and cook for 5 to 7 more minutes or until done.
4. In a large bowl, combine cooked quinoa, smoked paprika, cayenne, lemon zest, sea salt, and black pepper.
5. Place 1-cup servings quinoa onto 4 serving plates. Slice salmon into 4 equal pieces, place 1 piece on top of each plate of quinoa, and serve.

Red Bell Pepper, Egg, and Quinoa Wraps

Red bell pepper, egg, asparagus, and quinoa all wrapped up in a tasty tortilla make for a delicious lunch!

Yield:	Prep time:	Cook time:	Serving size:
2 wraps	15 minutes	8 minutes	1 wrap
Each serving has:			
356.4 calories	32.7 g carbohydrates	16.8 g fat	2.3 g fiber
18.5 g protein			

¼ TB. unsalted butter	½ tsp. smoked paprika
2 large eggs, whisked	¼ cup chopped fresh asparagus tips
½ tsp. sea salt	2 (8-in.) flour tortillas
½ tsp. ground black pepper	2 TB. chopped fresh cilantro leaves
½ TB. olive oil	¼ cup shredded mozzarella cheese
¼ cup Quick-and-Easy Quinoa (recipe in Chapter 1)	
½ small white onion, diced (¼ cup)	
¼ large red bell pepper, ribs and seeds removed, and diced (¼ cup)	

1. In a small skillet over medium heat, melt unsalted butter, tilting the skillet slightly to evenly coat with butter. Add eggs, sea salt, and black pepper, and cook, stirring gently to scramble, for about 2 minutes or until just cooked. Transfer to a small plate, and set aside.
2. In a medium saucepan over medium heat, heat olive oil. Add Quick-and-Easy Quinoa, white onion, red bell pepper, smoked paprika, and asparagus tips, and cook for about 1 minute or until onions are translucent. Transfer to a medium bowl, and set aside.
3. Return the saucepan to heat, and add 1 flour tortilla. Heat for about 45 seconds, remove tortilla from the saucepan, and set aside. Add second tortilla, and heat for about 45 seconds.

4. Place 1 tortilla on each serving plate, and divide egg mixture equally between tortillas. Top with equal amounts of quinoa mixture, followed by 1 tablespoon cilantro each and $\frac{1}{2}$ of mozzarella cheese. Fold one side of tortilla in toward the center, beginning on the left side, and roll tortilla to form a wrap. Serve.

Variation: Feel free to substitute Parmesan, white cheddar, or even goat cheese for the mozzarella.



KEEN ON QUINOA

The flavor of cilantro has been described as anywhere from soapy to citrusy. Some people can't stand cilantro. If you're one of them, substitute Italian flat-leaf parsley, which has a stronger flavor but lacks any soapy overtones.

Quinoa, Raisin, and Pine Nut-Stuffed Grape Leaves

Sweet raisins, earthy pine nuts, and nutty quinoa are delicious with fresh basil and smoky ancho chile powder in these stuffed grape leaves.

Yield:	Prep time:	Cook time:	Serving size:
24 stuffed grape leaves	18 minutes	25 minutes	2 stuffed grape leaves
Each serving has:			
104.9 calories	11.4 g carbohydrates	4.8 g fat	1.5 g fiber
5.3 g protein			

2 TB. olive oil	½ TB. ancho chile powder
½ large red onion, diced	1 TB. fine lemon zest
½ cup uncooked quinoa, rinsed and drained	1 tsp. sea salt
⅓ cup chopped fresh basil leaves	1 tsp. ground black pepper
¼ cup chopped fresh Italian flat-leaf parsley leaves	24 jarred grapes leaves, drained, with ½ cup juice reserved
1 cup vegetable broth	½ cup water
¼ cup toasted pine nuts	1½ cups nonfat Greek yogurt
¼ cup golden raisins	

1. Preheat the oven to 375°F. Lightly coat an 11×7-inch glass baking dish with nonstick cooking oil spray.
2. In a large saucepan over medium heat, heat olive oil. Add red onion, and sauté for about 5 minutes or until tender.
3. Add quinoa, basil, Italian flat-leaf parsley, and vegetable broth, and stir. Bring to a boil, cover, reduce heat to low, and simmer for about 15 minutes or until almost all liquid has been absorbed.
4. Stir in pine nuts, golden raisins, ancho chile powder, lemon zest, sea salt, and black pepper.

5. Place 1 grape leaf, vein side up, on a flat work surface. Spoon 2 tablespoons quinoa mixture into center of leaf at widest part. Fold bottom of leaf over toward center. Fold in sides, and roll up. Place seam side down in the prepared baking dish. Repeat until all filling or grape leaves have been used.
6. Pour grape leaf juice and water over rolled grape leaves. Cover with aluminum foil, and bake for about 25 minutes. Serve warm or cold with a dollop of nonfat Greek yogurt.

Quinoa Shrimp Cakes

Nutty quinoa is used instead of panko breadcrumbs to coat these appetizer shrimp served with earthy brown rice, fresh thyme, cilantro, lemon zest, green peas, sweet corn, and shrimp.

Yield: 36 shrimp cakes	Prep time: 15 minutes	Cook time: 25 minutes	Serving size: 2 shrimp cakes
Each serving has:			
196.7 calories	4.9 g carbohydrates	19.2 g fat	0.5 g fiber
1.9 g protein			

2 cups vegetable broth	¼ cup fresh corn kernels
1 cup instant brown rice	½ cup Quick-and-Easy Quinoa (recipe in Chapter 1)
1 TB. olive oil	¾ cup chopped cooked medium shrimp, peeled and deveined
3 green onions, white and green parts, chopped	1 large egg white
1 clove garlic, minced	½ tsp. sea salt
2 tsp. chopped fresh thyme leaves	½ tsp. ground black pepper
1 TB. chopped fresh cilantro leaves	1½ cups canola oil
½ TB. lemon zest	
¼ cup fresh or frozen green peas	

1. In a medium saucepan, combine vegetable broth and brown rice. Bring to a boil, cover, reduce heat to low, and simmer for about 7 minutes or until liquid has been absorbed. Remove from heat, and set aside.
2. In large sauté pan over medium heat, heat olive oil for about 1 minute or until fragrant but not burning. Add green onions and garlic, and sauté for about 1 minute. Remove from heat, and add thyme and cilantro.
3. In a large bowl, stir together cooked brown rice, green onion mixture, lemon zest, green peas, corn kernels, Quick-and-Easy Quinoa, and shrimp. Add egg white, sea salt, and black pepper, and mix together.
4. In a medium saucepan over high heat, heat canola oil for about 1 or 2 minutes or until hot (about 370°F) but not smoking. Drop shrimp mixture by spoonfuls into hot oil, and fry for about 2 or 3 minutes or until lightly golden and crisp. Transfer to paper towels to drain. Serve warm.

Quinoa Squash Croquettes

Delicious and simple quinoa lends its nutty flavor to zucchini and yellow squash along with cayenne and parsley. Lightly frying in peanut oil gives these croquettes an extra flavor punch.

Yield: 24 croquettes	Prep time: 18 minutes	Cook time: 15 minutes	Serving size: 2 croquettes
Each serving has:			
204.5 calories	8.2 g carbohydrates	18.6 g fat	0.7 g fiber
1.8 g protein			

2 cups finely chopped yellow squash	½ tsp. ground black pepper
1 medium zucchini, finely chopped (½ cup)	1 TB. chopped Italian flat-leaf parsley
¾ large white onion, finely chopped (¾ cup)	1 medium egg, lightly beaten
½ cup Quick-and-Easy Quinoa (recipe in Chapter 1)	1 medium egg white
1 tsp. sea salt	½ cup quinoa flour plus more as needed
½ tsp. cayenne	1 cup peanut oil

1. In a large bowl, stir together yellow squash, zucchini squash, white onion, and Quick-and-Easy Quinoa. Add sea salt, cayenne, black pepper, and Italian flat-leaf parsley, and mix well.
2. Add egg and egg white, and stir until well combined.
3. Stir in quinoa flour but do not overmix. Mixture should bind together but not have too much flour. If mixture is too wet, add flour by the tablespoon to achieve desired texture. Be careful not to make the mixture cakelike.
4. In a heavy skillet over medium-high heat, heat peanut oil. Drop squash mixture by tablespoonfuls into hot oil. Fry, turning once, for about 2 minutes or until golden brown and lightly crisp. Transfer to paper towels to drain. Serve warm.

Herb and Quinoa-Crusted Beef on Crostini

Arugula greens with honey mustard are delicious with quinoa and filet mignon that has been coated with fresh rosemary and thyme leaves resting atop a crunchy slice of sourdough baguette.

Yield: 36 crostini	Prep time: 20 minutes	Cook time: 20 minutes	Serving size: 3 crostini
Each serving has:			
159.0 calories	10.1 g carbohydrates	10.4 g fat	0.4 g fiber
6.6 g protein			

1 (26-in.) sourdough baguette, sliced into 36 1/2-inch slices 1/4 cup plus 2 TB. olive oil 3/4 lb. beef tenderloin 3 TB. chopped fresh rosemary leaves 3 TB. chopped fresh thyme leaves	1/4 cup Dijon mustard 1 tsp. prepared horseradish 1 TB. honey 36 fresh arugula leaves 1/2 cup Quick-and-Easy Quinoa (recipe in Chapter 1)
---	--

1. Preheat the oven to 275°F. Line a baking sheet with parchment paper.
2. Using a pastry brush or a spoon, lightly brush one side of baguette slices with 1/4 cup olive oil and place slices olive oil side up on the prepared baking sheet. Bake for about 20 minutes or until baguette slices are slightly crisp and crunchy.
3. Coat beef tenderloin with remaining 2 tablespoons olive oil.
4. In a small bowl, combine rosemary and thyme. Coat tenderloin with rosemary and thyme mixture, pressing lightly to secure herbs to beef.
5. Heat a heavy cast-iron skillet over medium-high heat. Add coated tenderloin, and grill for about 5 to 7 minutes per side to sear meat. Meat will be cooked but should be medium-rare in the center, depending upon thickness. For more well-done beef, cook for about 3 minutes longer. Remove beef from the skillet, and let rest about 10 minutes. Slice into 36 (1/4- to 1/2-inch-thick) slices.

6. Meanwhile, in a small bowl, combine Dijon mustard, horseradish, and honey. Using a pastry brush or the back of a spoon, spread about $\frac{1}{2}$ teaspoon mustard mixture onto each toasted baguette slice. Place 1 arugula leaf on top of mustard, followed by 1 beef slice and $\frac{1}{2}$ to 1 teaspoon cooked Quick-and-Easy Quinoa, and serve.



KEEN ON QUINOA

When serving this delicious beef recipe, drizzle a little high-quality olive oil or a flavored olive oil over the top for an extra flavor boost.

Greek-Style Quinoa with Raisins and Pine Nuts

Pine nuts have a slight lemony flavor and taste delicious paired with cinnamon, golden raisins, tart tomato paste, and feta cheese—all great accompaniments to quinoa!

Yield:	Prep time:	Cook time:	Serving size:
4 cups	20 minutes	20 minutes	1 cup
Each serving has:			
607.7 calories	76.3 g carbohydrates	30.4 g fat	7.2 g fiber
15.8 g protein			

1 cup uncooked quinoa, rinsed and drained	1 cup golden raisins
2 cups vegetable broth	¼ cup tomato paste
2 TB. olive oil	1 cup toasted pine nuts
¾ large red onion, chopped (¾ cup)	1 tsp. sea salt
1 TB. chopped fresh garlic	1 tsp. ground black pepper
2 tsp. ground cinnamon	¼ cup chopped Italian flat-leaf parsley leaves
	½ cup crumbled feta cheese

1. In a medium saucepan over medium-high heat, combine quinoa and vegetable broth. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid is absorbed. Remove from heat, and set aside, covered.
2. In a medium sauté pan over medium heat, heat olive oil. Add red onion and garlic, and sauté for about 1 minute.
3. Stir in cinnamon, golden raisins, and tomato paste.
4. Transfer quinoa to a large bowl, and add pine nuts, red onion mixture, sea salt, and black pepper.
5. To serve, place in bowls or on plates and top with ½ tablespoon chopped Italian flat-leaf parsley leaves and 2 tablespoons crumbled feta cheese.

Variation: For a tart yet tangy twist, add ½ tablespoon fine lemon zest when you add the sea salt and black pepper. Or use grated mozzarella cheese instead of the feta.

Stuffed Roasted Acorn Squash with Quinoa

Earthy flavored acorn squash tastes incredible with cinnamon and a tad of brown sugar. Adding quinoa to the center of the squash not only brings a nutty flavor and texture to the dish but provides needed protein.

Yield:	Prep time:	Cook time:	Serving size:
2 acorn squash halves with 1 cup cooked quinoa	5 minutes	1 hour, 15 minutes	1 acorn squash half with ½ cup cooked quinoa
Each serving has:			
257.0 calories	50.0 g carbohydrates	7.4 g fat	4.7 g fiber
4.8 g protein			

1 medium acorn squash	¼ cup uncooked quinoa, rinsed and drained
1 TB. unsalted butter	
2 TB. brown sugar	½ cup water
1 tsp. ground cinnamon	¼ tsp. sea salt
1 tsp. ground nutmeg	

1. Preheat the oven to 400°F.
2. Using a chef's knife, pierce stem end of acorn squash, and carefully slice through center of squash. Use a spoon to scoop out and discard seeds, and scrape out any stringy pieces from the center. Place each half on a baking sheet, flesh side up.
3. Wipe insides of acorn squash halves with ½ tablespoon unsalted butter each. Sprinkle each half with ½ teaspoon each brown sugar, cinnamon, and nutmeg. Bake for about 1 hour or until squash is fork-tender.
4. Meanwhile, in a small saucepan over medium-high heat, combine quinoa and water. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid is absorbed.
5. Stir in sea salt.
6. Remove squash from the oven, and let rest for about 5 minutes.

7. Place squash halves on serving plates, top with $\frac{1}{4}$ to $\frac{1}{2}$ cup cooked quinoa, and serve.



KEEN ON QUINOA

Acorn squash not only tastes delicious but is very good for you, naturally high in fiber and filled with vitamins and minerals like vitamin A and C, iron, and riboflavin. By adding quinoa, acorn squash becomes a very filling, tasty meal, not just a side dish.

Skillet-Baked Quinoa-Crusted Pork Chops

The mild flavor of pork gives a nice balance to nutty quinoa, which is blended with refreshing lemon pepper, Italian seasoning, and a hint of spice from cayenne. Delicious!

Yield: 4 pork chops	Prep time: 10 minutes	Cook time: 15 minutes	Serving size: 1 pork chop
Each serving has:			
658.8 calories	25.6 g carbohydrates	35.3 g fat	2.4 g fiber
56.4 g protein			

1 batch Quick-and-Easy Quinoa (recipe in Chapter 1)	½ tsp. sea salt
¼ cup Italian seasoned breadcrumbs	2 large eggs
½ tsp. cayenne	¼ cup low-fat milk
1 tsp. lemon pepper	2 TB. olive oil
	4 (6-oz.) bone-in pork chops

1. Preheat the oven to 350°F.
2. In a medium bowl, combine Quick-and-Easy Quinoa, Italian seasoned breadcrumbs, cayenne, lemon pepper, and sea salt.
3. In a separate medium bowl, whisk together eggs and low-fat milk.
4. In a heavy, ovenproof skillet over medium heat, heat olive oil.
5. Working quickly, dredge pork chops in egg mixture, coat in quinoa mixture, and place in the skillet. Repeat with remaining pork chops. Sear for about 2 or 3 minutes per side.
6. Transfer skillet to the oven, and bake for about 3 minutes, depending upon thickness of pork chop, or until done. Serve hot.



KEEN ON QUINOA

To make this recipe leaner and lighter, substitute 4 (4- or 5-ounce) lean boneless, skinless chicken breasts for the pork chops. This saves more than 200 calories per serving and 50 percent fat per serving.

Beef and Pork Quinoa Meatballs

These protein-packed lean beef and pork sausage meatballs get their flavor from fresh basil and cilantro, onion, Worcestershire sauce, a hint of lemon zest, and quinoa.

Yield: 24 meatballs	Prep time: 25 minutes	Cook time: 18 minutes	Serving size: 3 meatballs
Each serving has:			
362.3 calories	14.9 g carbohydrates	25.6 g fat	2.5 g fiber
16.9 g protein			

$\frac{3}{4}$ lb. lean ground beef	$\frac{1}{2}$ TB. ground mustard
$\frac{3}{4}$ lb. ground mild or medium hot pork sausage	1 tsp. fine lemon zest
1 cup Quick-and-Easy Quinoa (recipe in Chapter 1)	2 TB. finely chopped basil leaves
$\frac{1}{4}$ large white onion, finely chopped ($\frac{1}{4}$ cup)	2 TB. finely chopped cilantro leaves
1 TB. minced fresh garlic	1 tsp. sea salt
1 TB. Worcestershire sauce	1 tsp. ground black pepper
	1 large egg
	1 (32-oz.) jar marinara sauce

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine beef, pork sausage, Quick-and-Easy Quinoa, white onion, garlic, Worcestershire sauce, mustard, lemon zest, basil, cilantro, sea salt, black pepper, and egg.
3. Shape mixture into 24 ($1\frac{1}{2}$ - to 2-inch) balls, and place on the prepared baking sheet. Bake for 15 to 18 minutes or until meatballs are cooked through.
4. In a medium saucepan over medium heat, warm marinara sauce. Add cooked meatballs, and stir until meatballs are coated. Transfer to serving plates, and enjoy alone or over your choice of cooked pasta.



KEEN ON QUINOA

If you'd rather, you can substitute breadcrumbs for the quinoa inside the meatballs and then serve the cooked meatballs over cooked quinoa instead of pasta. This option is healthier, higher in fiber, and higher in protein.

Seared Ahi over Quinoa Cakes with Citrus Cilantro Aioli

Seared ahi is served over crisp, fiber-filled quinoa cakes made of red onion, parsley, goat cheese, and chives and finished with puréed aioli of mayonnaise, cilantro, lemon zest, and cayenne.

Yield:	Prep time:	Cook time:	Serving size:
24 cakes with 2 pounds ahi and 2 cups aioli	20 minutes	12 minutes	3 cakes with ¼ pound ahi and 3 tablespoons aioli
Each serving has:			
408.5 calories	102.4 g carbohydrates	5.6 g fat	2.8 g fiber
6.3 g protein			

2 cups nonfat mayonnaise	½ cup softened goat cheese
½ cup chopped fresh cilantro leaves	2 TB. chopped fresh chives
2 cloves fresh garlic	3 large eggs, beaten
1 TB. apple cider vinegar	2 TB. water
1½ TB. fine lemon zest	1 cup panko breadcrumbs
½ tsp. cayenne	1 tsp. ground black pepper
1½ tsp. sea salt	5 TB. olive oil
4 cups Quick-and-Easy Quinoa (recipe in Chapter 1)	8 (4-oz.) pieces sushi-grade ahi tuna steak
½ large red onion, minced (½ cup)	3 TB. blackened seasoning
¼ cup chopped fresh Italian flat-leaf parsley leaves	

1. In a food processor fitted with a chopping blade or a blender, purée mayonnaise, cilantro, garlic, apple cider vinegar, lemon zest, cayenne, and ½ teaspoon sea salt until smooth. Transfer to a bowl, cover, and refrigerate until ready to use.
2. In a large bowl, combine Quick-and-Easy Quinoa, red onion, Italian flat-leaf parsley, goat cheese, and chives. Stir in eggs, water, panko breadcrumbs, and black pepper.

3. Form mixture into 24 (2-inch) cakes.
4. In large skillet over medium to medium-low heat, heat 2 tablespoons olive oil. Add 4 to 6 quinoa patties, and cook for about 4 minutes. Flip over quinoa patties, and cook for 4 more minutes, or until crisp and lightly browned. Transfer to a paper towel-lined baking sheet to rest.
5. Coat ahi steaks with $1\frac{1}{2}$ tablespoons olive oil, and coat lightly with blackened seasoning.
6. In the skillet again over medium-high heat, heat $1\frac{1}{2}$ tablespoons olive oil. Add 4 ahi steaks, and sear for about 1 minute. Flip over ahi, and sear for about 1 more minute or until desired level of doneness.
7. To serve, place 3 cooked quinoa cakes on a serving plate, top each with 1 tablespoon citrus aioli, layer 1 seared ahi steak on top of each plate, and serve.

Oven-Roasted Beets with Quinoa

Root vegetables are hearty in both flavor and nutrients, and these beets are fantastic tossed with red quinoa, herbs, and feta cheese in this colorful side dish.

Yield: 6 cups	Prep time: 15 minutes	Cook time: 45 minutes	Serving size: 1½ cups
Each serving has:			
318.4 calories	37.5 g carbohydrates	14.4 g fat	5.6 g fiber
11.3 g protein			

1 cup uncooked red quinoa, rinsed and drained	½ TB. chopped fresh oregano leaves
2 cups chicken or vegetable broth	3 medium fresh green onions, white and green parts, chopped (¼ cup plus 2 TB.)
6 baby red beets	1 cup crumbled feta cheese
2 TB. olive oil	
1 tsp. sea salt	
1 tsp. ground black pepper	

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a medium saucepan over medium-high heat, combine red quinoa and chicken broth. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid has been absorbed.
3. Rinse baby red beets, slice into 1- or 2-inch pieces, and place in a large bowl. Add olive oil, sea salt, and black pepper, and toss to coat. Arrange beets in a single layer on the baking sheet, and roast for 30 minutes or until beets are fork-tender but not mushy.
4. Return cooked beets to the bowl, and toss with oregano, cooked red quinoa, green onion, and feta cheese. Serve hot or warm.

Variation: These beets are also delicious by adding ¼ cup golden raisins, ¼ cup diced carrots, and ¼ cup freshly chopped basil leaves.



KEEN ON QUINOA

This dish is a fantastic side for roasted turkey, whole roasted chicken, or roasted pork loin.

Wild Mushroom Quinoa Risotto

No more stirring for 20 minutes! This easy quinoa risotto is made in half the time of traditional risotto and gets its luscious flavor from wild mushrooms, shallots, and Parmesan cheese.

Yield: 6 cups	Prep time: 10 minutes	Cook time: 20 minutes	Serving size: 1¼ cups
Each serving has:			
244.9 calories	34.1 g carbohydrates	7.6 g fat	3.3 g fiber
10.3 g protein			

1 TB. olive oil	1½ cups uncooked quinoa, rinsed and drained
1 medium shallot	
1 tsp. minced garlic	3 cups vegetable broth
3 TB. sauvignon blanc	½ tsp. sea salt
2 cups chopped porcini, chanterelle, or shiitake mushrooms	1 tsp. ground black pepper
	½ cup grated Parmesan cheese

1. In a large saucepan over medium heat, heat olive oil. Stir in shallot and garlic, and sauté for about 1 minute.
2. Add sauvignon blanc and porcini mushrooms, and stir to coat. Cook for about 5 minutes to break down mushrooms.
3. Add quinoa and vegetable broth, and stir to combine. Increase heat to medium-high. Bring to a boil, cover, reduce heat to low, and simmer for 15 minutes or until almost all liquid is absorbed. Remove from heat.
4. Stir in sea salt, black pepper, and Parmesan cheese, and serve hot.

Variation: If mushrooms aren't your ingredient of choice, replace them with 1 cup chopped broccoli florets or 1 cup chopped asparagus tips. Also, 2 cups fresh frozen pea, corn, and carrot medley is super fast and easy. Add the pea mixture when you would add the mushrooms. Finish recipe as instructed.

Blueberry Quinoa Crumble

Antioxidant-rich blueberries are at the heart of these individual desserts. Sweet, fresh blueberries are topped with a crumble of oats, quinoa, butter, sugar, and cocoa powder.

Yield: 4 individual crumbles	Prep time: 15 minutes	Cook time: 30 minutes	Serving size: 1 crumble
Each serving has:			
590.4 calories 4.6 g protein	99.4 g carbohydrates	23.8 g fat	5.6 g fiber

$\frac{3}{4}$ cup all-purpose flour	2 TB. rolled oats
2 TB. cocoa powder	8 TB. cold unsalted butter, cut into $\frac{1}{2}$ -in. pieces
$\frac{3}{4}$ cup sugar	2 pt. fresh blueberries
$\frac{1}{4}$ cup light brown sugar, lightly packed	1 TB. cornstarch mixed with 1 TB. water
$\frac{1}{8}$ tsp. sea salt	$\frac{1}{2}$ cup orange juice
3 TB. white <i>quinoa flakes</i> or cooked quinoa	1 tsp. pure vanilla extract

1. Preheat the oven to 350°F. Spray 4 (6-ounce) ramekins with nonstick cooking spray.
2. In a medium bowl, and using a fork, combine all-purpose flour, cocoa powder, $\frac{1}{4}$ cup sugar, light brown sugar, sea salt, white quinoa flakes, oats, and unsalted butter to form crumbly clumps. Set aside.
3. In a large bowl, combine blueberries, remaining $\frac{1}{2}$ cup sugar, cornstarch mixture, orange juice, and vanilla extract. Equally distribute berry mixture among ramekins.
4. Top blueberry-filled ramekins with equal amounts of quinoa crumble. Bake for 30 minutes or until topping is golden brown and fruit is bubbling. Serve warm.



DEFINITION

Quinoa flakes are quinoa seeds that have been rolled and flattened. Although not as commonly available in stores, quinoa flakes are readily available online.

Quinoa Lemon Bars

In these luscious lemon bars, lemon filling is baked over a quinoa-walnut crust for a flavorful and fiber-filled lemony dessert.

Yield: 36 bars	Prep time: 15 minutes	Cook time: 20 minutes	Serving size: 2 bars
Each serving has:			
145.9 calories	21.4 g carbohydrates	5.9 g fat	0.5 g fiber
2.8 g protein			

1½ cups cooked quinoa, toasted

½ cup walnuts

3 TB. olive oil

½ cup low-fat milk

2 TB. molasses

4 large eggs

1½ cups sugar

¼ cup all-purpose flour

1 TB. lemon zest

Juice of 2 medium lemons

1. Preheat the oven to 350°F. Spray a 9×13-inch baking dish with nonstick cooking spray.
2. In a food processor fitted with a chopping blade or a blender, pulse quinoa and walnuts 3 or 4 times until mixture becomes a fine powder. Transfer to a medium bowl.
3. Stir in olive oil, low-fat milk, and molasses, and press mixture into the bottom of the prepared baking dish. Bake for 10 minutes, and set aside to cool.
4. In a large bowl, whisk together eggs and sugar. Stir in all-purpose flour, lemon zest, and lemon juice until well combined. Pour mixture over baked quinoa crust, and bake for 20 minutes. Remove from the oven and allow to cool completely before slicing into 36 (2-inch) squares, and serving.

Variation: If you have nut allergies, leave out the walnuts and add ½ cup crushed graham crackers or ½ cup crushed ginger snaps (about 10 cookies).



KEEN ON QUINOA

Toasting quinoa is easy and well worth it, flavor-wise. Simply spread quinoa in a thin, even layer on a parchment paper-lined baking sheet and toast in a 225°F oven for about 20 minutes. Allow to cool before adding to a recipe.

Quinoa Cayenne Brownies

Nutty-flavored quinoa is used in place of chopped nuts to achieve a delicious nutty flavor, but one safe for people with nut allergies. A hint of cayenne boosts both flavor and your metabolism for a double-fantastic brownie with chocolate icing.

Yield: 36 brownies	Prep time: 20 minutes	Cook time: 41 minutes	Serving size: 2 brownies
Each serving has:			
331.4 calories	45.1 g carbohydrates	16.6 g fat	1.6 g fiber
3.6 g protein			

4 large eggs	1 tsp. sea salt
3 cups sugar	¼ cup water
1 cup canola oil	1 cup Quick-and-Easy Quinoa (recipe in Chapter 1)
8 TB. plus ¼ cup cocoa powder	¼ cup low-fat milk
½ tsp. cayenne	¼ cup unsalted butter
1½ cups all-purpose flour	

1. Preheat the oven to 350°F. Spray a 9×13-inch baking dish with nonstick cooking spray.
2. In a large bowl, beat together eggs, 2 cups sugar, and canola oil.
3. In a medium bowl, stir together 8 tablespoons cocoa powder, cayenne, all-purpose flour, and sea salt. Stir in water.
4. Add flour mixture to egg mixture, and stir to combine.
5. Add Quick-and-Easy Quinoa, and stir to combine.
6. Pour mixture into the prepared baking dish, and bake for 40 minutes or until set.
7. Meanwhile, in a small saucepan over medium heat, whisk together remaining 1 cup sugar, remaining ¼ cup cocoa powder, low-fat milk, and unsalted butter. Bring to a low boil, and boil for 1 minute. Remove from heat and whisk until thickened. Spread over baked brownies while still warm.

8. Let brownies cool for about 20 minutes before slicing into 36 (2-inch) squares and serving.

Variation: If you love nuts, add $\frac{1}{4}$ cup of your favorite finely chopped nuts.



QUICK FIX

The combination of quinoa and cayenne make this a healthier brownie due to the high fiber content and protein of quinoa and spicy cayenne. If you prefer a nonspicy brownie, skip the cayenne.

Chocolate Quinoa Bread Pudding

Sweet Hawaiian rolls are used for the bread in this chocolaty delight, where melted dark chocolate combines with heavy cream, milk, sugar, orange zest, vanilla, and quinoa.

Yield: 1 (9×13-inch) bread pudding	Prep time: 20 minutes	Cook time: 1 hour	Serving size: about 1 (3¼-inch) scoop bread pudding
Each serving has:			
671.2 calories 9.4 g protein	71.7 g carbohydrates	41.5 g fat	2.1 g fiber

1 cup roughly chopped dark chocolate	1 TB. pure vanilla extract
3¼ cups heavy whipping cream	10 large egg yolks
¾ cup whole milk	12 day-old sweet Hawaiian rolls, cut into 1-in. pieces
1½ cups sugar	1 cup Quick-and-Easy Quinoa (recipe in Chapter 1)
¼ cup light brown sugar, firmly packed	2 TB. confectioners' sugar
½ TB. fine orange zest	

1. In the top of a double boiler over medium heat, melt dark chocolate.
2. In a large saucepan over medium-low heat, whisk together 2¾ cups heavy whipping cream, whole milk, sugar, light brown sugar, orange zest, and vanilla extract. Bring to a simmer, and remove from heat.
3. In a large bowl, whisk egg yolks. Slowly whisk in hot cream mixture, a little at a time, to temper cream into yolks. When fully incorporated, whisk in melted chocolate.
4. In a large bowl, toss together Hawaiian roll pieces and Quick-and-Easy Quinoa. Pour melted chocolate and cream mixture over bread and quinoa, toss to coat, and let rest for about 30 to 40 minutes.
5. Preheat the oven to 375°F. Grease a 9×13-inch baking dish with 1 tablespoon unsalted butter.

6. Pour bread mixture into the prepared baking dish, and bake for about 45 minutes or until set.
7. Meanwhile, in a medium bowl and using an electric mixer on medium-high speed, whip remaining $\frac{1}{2}$ cup heavy whipping cream to soft peaks. Add confectioners' sugar, and continue whipping until stiff peaks form.
8. Slice warm bread pudding into 10 squares, and serve with dollop of whipped cream.

Apple Raisin Quinoa Pudding

This rich pudding is a delicious combination of quinoa, cream, agave nectar, apples, raisins, cinnamon, and nutmeg. Yum!

Yield: 1 (2-quart-round) pudding	Prep time: 15 minutes	Cook time: 1 hour, 5 minutes	Serving size: $\frac{3}{4}$ cup pudding
Each serving has: 246.1 calories 7.8g protein	34.5 g carbohydrates	9.3 g fat	2.3 g fiber

1 cup uncooked quinoa, rinsed and drained	$\frac{1}{2}$ small Granny Smith apple, cored and diced ($\frac{1}{4}$ cup)
2 cups water	$\frac{1}{2}$ cup raisins
3 large eggs, lightly beaten	$\frac{1}{2}$ cup golden raisins
$1\frac{1}{2}$ cups low-fat milk	$\frac{1}{2}$ tsp. ground cinnamon
$\frac{1}{2}$ cup heavy whipping cream	$\frac{1}{4}$ tsp. ground nutmeg
$\frac{1}{3}$ cup agave nectar	1 tsp. fine orange zest
1 tsp. pure vanilla extract	Confectioners' sugar
$\frac{1}{4}$ tsp. sea salt	

1. Preheat the oven to 325°F. Spray a 2-quart-round casserole dish with nonstick cooking spray. Fill a 4-quart baking dish or roasting pan $\frac{1}{2}$ full of water. Place the 4-quart water-filled baking dish in the oven.
2. In a medium saucepan over medium-high heat, combine quinoa and 2 cups water. Bring to a boil, cover, reduce heat to low, and simmer for about 15 minutes or until almost all liquid is absorbed. Remove from heat, uncover, and let rest.
3. In a medium bowl, whisk together eggs, low-fat milk, heavy whipping cream, agave nectar, vanilla extract, sea salt, Granny Smith apple, raisins, golden raisins, cinnamon, nutmeg, and orange zest.

4. Stir in cooked quinoa, and pour mixture into the prepared 2-quart casserole dish. Carefully place the casserole dish into the larger 4-quart casserole with water. Bake for 50 to 60 minutes or until a wooden skewer inserted comes out clean.
5. Carefully remove pudding from water, and place on a wire rack to cool. Dust with confectioners' sugar before serving.