



The University of Georgia

®

“Mother Grain:” Quinoa

**Quinoa: The
Rediscovered
Super Food**

Learning for Life

THE
UNIVERSITY
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COOPERATIVE
EXTENSION

Contact your local
office at



- **Native to the Andes Mountains**
- **Food of the Incas and their descendants**
- **Low in sodium**
- **Complete protein**
- **Comes in tan, red and black colors**
- **High in fiber**
- **Can prepare many different ways**
- **Available in grocery stores, health food stores and on-line**



6 Reasons to Try Quinoa:

- 1) Low in Price
- 2) Gluten-free
- 3) Full of minerals
- 1) Easy to cook
- 2) Great in soup, stews, entrees, salads, breads and desserts



- **Hot Breakfast Cereal Recipe—4 servings**
- **Bring 2 cups of water to a boil.**
- **Add 1 cup tan or red quinoa.**
- **Reduce the heat and simmer for 5 minutes**
- **Add 1/2 cup diced apple, 1/3 cup dried cranberries, 1/2 tsp cinnamon and a dash of nutmeg. Simmer until water is absorbed.**
- **Serve with non-fat milk or fat-free half and half.**
- **Sweeten to taste with honey, brown sugar or artificial sweetener.**

Nutrition Information:

Calories: 196

Carbohydrates: 39 grams

Protein: 5 grams

Fat: 3 grams

Fiber: 4 grams

Sodium: 9 milligrams

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