

SUPERFOODS: WHOLE GRAIN/QUINOA

Quinoa is an ancient grain that was a staple in the Incan diet and to this day, most quinoa is grown in the Andes Mountains. It is technically a seed, not a grain. Quinoa is an excellent source of protein, in fact it has all of the essential amino acids so is considered a complete protein. Pound for pound, quinoa has more protein than a sirloin steak!

- When making quinoa from scratch, be sure to rinse it before cooking to remove the bitter, natural coating.
- To add more flavor add a sprig of rosemary or smashed garlic clove to the water while boiling.
- Use a 2 to 1 ratio: liquid to quinoa for cooking.
- 1 cup dry quinoa will yield 3 cups cooked.



WHOLE GRAIN QUINOA SHAKER SALAD

4 servings

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
509	32g	5g	30g	29g	5g	493mg

Ingredients

Salad

4 each	16 oz Mason Jars with lids
8 leaves	Mint, fresh
1 cup	Strawberries, fresh
1 stalk	Celery, thinly sliced
1 cup	Radish, thinly sliced
4 Tbsp	Pecans, chopped
12 oz	Grilled Chicken Breast (optional)
2/3 cup	Quinoa, dry
1 oz	Feta Cheese, crumbled
8 cups	Mixed Field Greens

Vinaigrette

1 tsp	Shallots, minced
1 tsp	Garlic Cloves, minced
2 tsp	Fresh Thyme, chopped
2 tsp	Dijon Mustard
6 Tbsp	Extra Virgin Olive Oil
2 Tbsp	Balsamic Vinegar
1/8 tsp	Salt
1/8 tsp	Black Pepper

Directions

Preparation time = 10 minutes

Cook Time = 15 minutes

- Rinse uncut produce in fresh water. Slice the celery thinly on a diagonal, slice the radish and strawberries. Set aside. Slice the mint into thin strips.
- Make the quinoa: Bring 1 1/3 cup of water to a boil, add quinoa, stir and simmer for 10 minutes. Set aside to cool slightly. You should have approximately 2 cups of cooked quinoa.
- Make the vinaigrette: Combine shallots, garlic, thyme, Dijon, balsamic, salt and pepper. Slowly drizzle in olive oil and whisk to combine.
- Add ingredients in the following order to each 16 ounce Mason jar with lid:
 - Add 2 cups Spring Mix
 - 1/2 cup quinoa
 - 1/4 cup radish slices
 - 1/4 cup sliced celery
 - 1/4 cup sliced strawberries
 - 1 Tablespoon feta
 - 1 Tablespoon sugar roasted pecans
 - 2 Tablespoons dressing
- Cover with lid and shake well to mix the ingredients.
- If using chicken breast, slice thinly and add on top of the strawberries.