

10 QUINOA

NATURAL YUMMY RECIPES (LITE)



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Vegetable Quinoa Salad

Serves: 2

Ingredients:

- 3.25 oz (8.5 tbsp) uncooked quinoa
- 6.25 oz water
- ½ cucumber, diced
- 1 small red bell pepper
- 1 small yellow bell pepper
- ½ lemon, juiced
- ½ tsp lemon zest
- 1 handful fresh parsley, chopped
- Salt and pepper to taste

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 6.25 oz water and bring to a boil. Another option: cook the quinoa in vegetable broth to intensify the flavor.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Set aside off the heat, uncover and fluff with a fork.
5. While the quinoa is cooking quarter the cucumber and thinly slice. Dice both bell peppers. Add the peppers and cucumber into a small bowl.
6. Add lemon juice, lemon zest and chopped parsley to the vegetable mixture and toss.
7. Combine the vegetable mixture with the quinoa, season with salt and pepper, and enjoy.



Mixed Quinoa Hot Cereal with Flax Seed Meal

Serves: 1

Ingredients:

- ½ cup quinoa
- 1 cup water
- 1 tbsp flaxseed meal
- 1 tsp brown sugar
- 1 tsp cinnamon

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 1 cup water and bring to a boil.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Remove from heat, uncover and fluff with a fork.
5. Add in the flaxseed meal, brown sugar and cinnamon.
6. Fluff with a fork to gently mix into the quinoa.
7. Serve for breakfast, quick afternoon snack or side dish.



Fresh Quinoa Tabbouleh Salad

Serves: 1

Ingredients:

- ½ cup quinoa
- ½ English cucumber, diced
- 1 Roma tomato, diced
- 2 green onions, chopped
- 1 clove garlic, minced
- 1/8 cup minced fresh mint
- 1/8 cup minced cilantro
- 2 tsp lemon juice
- 1/8 tsp lemon zest
- Salt and pepper to taste

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 1 cup water to the pot and bring to a boil.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Remove from heat, uncover and fluff with a fork.
5. Add the diced cucumber and remaining ingredients to the quinoa and toss together.
6. Cover and chill for 1 hour then serve.
7. Enjoy solo or with pita triangles.



Healthy Quinoa Salad in Bright Green Bowl

Serves: 1

Ingredients:

½ cup quinoa
10 cherry tomato, sliced in half
¼ cup corn
¼ cup cilantro, finely chopped
½ lemon, juiced
1 tbsp extra virgin olive oil
1/8 tsp ground ginger
1/8 tsp garlic powder
Pinch of salt

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 1 cup water and bring to a boil.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Remove from heat, uncover and fluff with a fork.
5. In a small pan heat the corn on the stove top for 5 minutes.
6. Add the corn and sliced tomatoes to the quinoa.
7. To make the dressing: whisk the lemon juice, olive oil, ginger, garlic powder and salt together until emulsified.
8. Drizzle over the quinoa mixture, add the cilantro and fluff with a fork.
9. Save a sprig of cilantro to garnish this healthy dish.



Vegetable Soup with Quinoa

Serves: 1-2

Ingredients:

- ½ cup quinoa
- 1.5 cups vegetable broth
- 1 stalk carrot
- 2" section of a leek
- 1 stalk celery
- ½ cup shredded green cabbage
- 4 broccoli florets
- 1 tsp Herbamare© (seasoned salt)

Directions:

1. Add all the ingredients to a medium soup pot or Dutch oven. Bring to a boil then reduce to a simmer for 20-30 minutes, or until carrots and celery begin to soften.
2. Serve with whole grain crackers or enjoy on its own.



Roasted Sweet Potato and Quinoa Dinner Salad

Serves: 1

Ingredients:

¼ cup quinoa
1 medium sweet potato
1 clove garlic
1 tsp extra virgin olive oil
1 cup rocket

Chili sauce:

2 tbsp maple syrup
2 tbsp extra virgin olive oil
3 tbsp rice vinegar
1 tsp chili flakes
1/8 tsp cayenne pepper
½ tsp ground ginger
½ tsp sea salt
1 tbsp lime juice

Directions:

1. Preheat the oven to 375F.
2. Cut the sweet potato evenly into 1" pieces.
3. Add the sweet potato to a 9x9" baking dish. Drizzle with the olive oil and toss to coat evenly.
4. Transfer to the oven for 20-30 minutes until they begin to brown.
5. While the potato is cooking rinse the quinoa in a fine sieve, drain and transfer to a small pot.
6. Add ½ cup water and bring to a boil.
7. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
8. Remove from heat, uncover and fluff with a fork. Set aside.
9. For the dressing whisk together all of the ingredients until the liquids and oil are combined.
10. Add the rocket, sweet potato, and quinoa to a medium sized bowl. Top with the chili sauce tossing to coat evenly.
11. Serve and enjoy the delicious Thai flavors and combination of textures.



Red Quinoa, Apple, and Goat Cheese Salad

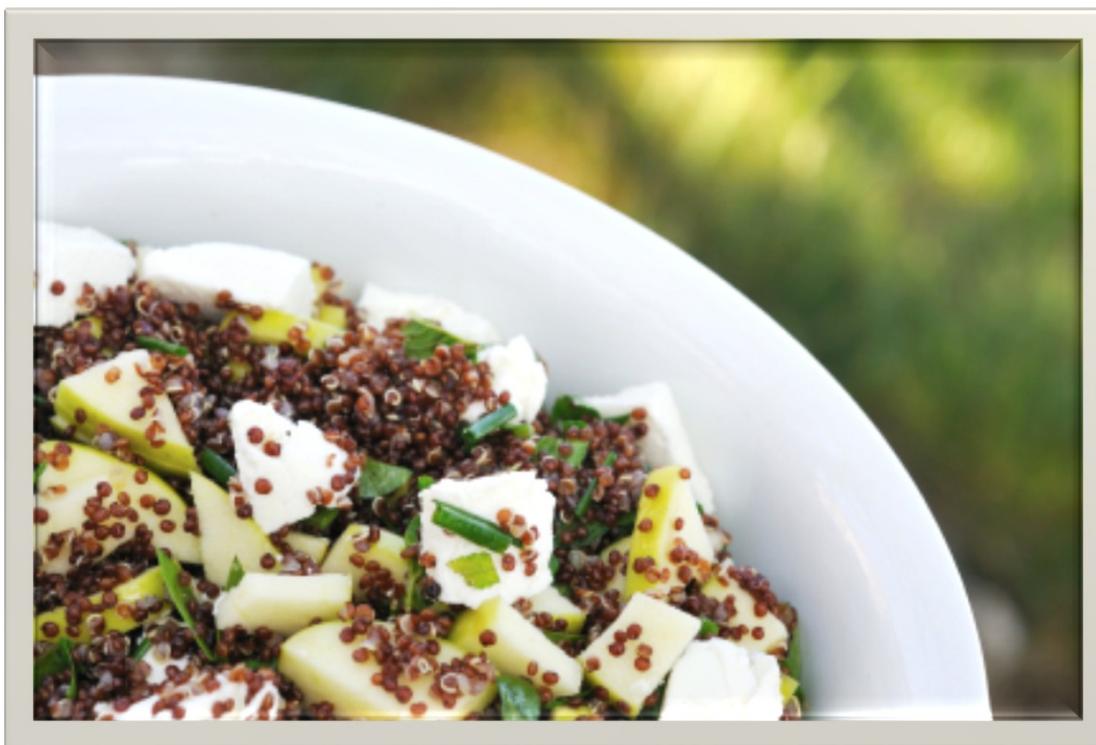
Serves: 2

Ingredients:

- 1 cup quinoa
- 1 green apple
- 1oz goat cheese
- 1 cup chopped sorrel, divided
- 2 green onions
- 1 clove garlic
- 1 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 2 cups water and bring to a boil.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Remove from heat, uncover and fluff with a fork. Set aside to cool.
5. Chop the apple leaving the skin on and prepare the sorrel by chopping finely. Dice the green onion as well.
6. Reserve ½ of the sorrel. Take the other ½ and add to a food processor.
7. While running add the garlic, vinegar and olive oil. It should have a pesto consistency.
8. Add the apple, goat cheese, sorrel and green onion to the quinoa. Mix well.
9. Mix in the pesto mixture until evenly distributed in the salad.
10. Now you're ready to enjoy this tasty dish.



Creamy Quinoa and Vegetable Salad Wrap

Serves: 2

Ingredients:

- ½ cup quinoa
- 1/8 cup red pepper
- 1/8 cup yellow pepper
- 1/8 cup green pepper
- 1/8 cup green beans
- 1/8 cup yellow beans
- 2- 8" Sprouted whole grain tortillas
- Greek yogurt sauce:
 - ¼ cup Greek yogurt, plain
 - 2 tbsp onion, minced
 - ¼ cup fresh mint
 - 1 medium vine ripe tomato

Directions:

1. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
2. Add 1 cup water and bring to a boil.
3. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
4. Remove from heat, uncover and fluff with a fork.
5. While the quinoa cooks chop all the vegetables into small 1/4" pieces.
6. Add the veggies to the cooked quinoa and set aside.
7. To prepare the yogurt sauce; add the tomato to a food processor, process until smooth. Add the yogurt, mint and onion, blending well.
8. Add a layer of yogurt sauce to the tortilla, then a portion of the quinoa mixture.
9. Wrap the tortilla tucking in the ends.
10. Serve with extra yogurt sauce for dipping if desired.

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Quinoa and Vegetable Stew

Serves: 2-3

Ingredients:

- 1 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 2-3 cups vegetable broth
- ½ cup quinoa
- ½ cup peas
- 4 stalks asparagus ends trimmed
- 2 large carrots, diced
- 2 stalks celery, chopped
- ¼ cup corn
- 1 medium Yukon gold potato, diced
- 1 tsp Herbamare©



Directions:

1. In a medium stock pot or Dutch oven add the oil and garlic. Salute until fragrant.
2. Add the diced carrots and celery cooking 5 minutes.
3. Rinse the quinoa in a fine sieve, drain and transfer to a medium pot.
4. Add the broth and remaining ingredients to the pot. Bring the soup to a boil.
5. Turn the temperature to low and cover. Cook for 30 minutes.
6. Tip: Short on time? Use a frozen vegetable medley; corn, carrots, peas if you don't have their fresh counterparts on hand.

Serves: 1

Baked Quinoa Breakfast Cereal

Ingredients:

- ½ cup quinoa
- ½ green apple
- 1 tbsp raisins
- 1 tbsp slivered almonds
- ½ tsp cinnamon
- ½ tsp honey or brown sugar

Directions:

1. Preheat the oven to 350° F.
2. Rinse the quinoa in a fine sieve, drain and transfer to a small pot.
3. Add 1 cup water and bring to a boil.
4. Cover, reduce heat to medium low and simmer until all the water has been absorbed. This should take about 15 minutes.
5. Remove from heat, uncover and fluff with a fork.
6. While the quinoa is cooking, place the slivered almonds on a baking sheet. Making sure they are evenly spread on the sheet. Bake until toasted, approximately 7 minutes.
7. Dice the apple, leaving the skin intact, and add to the quinoa.
8. Coat an 8oz baking ramekin with cooking spray. Add the quinoa mixture and bake for 15 minutes.
9. Let cool for 5 minutes. Top with cinnamon, toasted almonds, and a drizzle of honey or the brown sugar.
10. For a different twist add ¼ cup of almond or coconut milk to add moisture to the cereal.

