

Try Me!

Quinoa

This month's "Try Me" recipe is Cheesy Quinoa Pilaf with Spinach- Try it yourself! Get this recipe on SU Food Services Facebook or foodservices.syr.edu

Quinoa is considered one of the healthiest foods you can eat because it contains many nutrients and has a high fiber content.

Fun Facts:

➤ The Incas thought that quinoa was sacred and called it "chisaya mama" or "mother of all grains". The Inca emperor would traditionally sow the first seeds of the season with 'golden implements'. They recognized the value of the grain by the increase in stamina for their warriors.

➤ Although quinoa is cooked like a grain, it's actually a grass and is related to spinach, chard and beets.

➤ The taste is a mild, slightly nutty flavor. It makes a nice alternative to rice or couscous.

Quinoa flour is often mixed with sorghum flour, tapioca, and potato starch to create a nutritious gluten-free baking mix.

➤ Vegetarians and vegans love the health benefits of quinoa because it is a complete protein. This means it contains all the amino acids necessary for our nutritional needs. Complete proteins are rare in the plant world, making quinoa an excellent food for anyone looking for a healthy protein source.



Serving Ideas:

Venture beyond white pasta and rice and you'll discover quinoa is easy to cook and incorporate into your favorite dishes.

- Add cooked grains to stews, soups and vegetable salads.
- Eat as a hot breakfast cereal with warm milk, chopped fresh seasonal fruits and flavorings like cinnamon, nutmeg, vanilla and maple extract.
- Create a side dish pilaf by sauteing vegetables in a small amount of olive oil and adding cooked whole grains.
- Marinate cooked grains with salad dressings and sprinkle or toss into main course salads.
- Create a greek salad like the one pictured with tomatoes, feta cheese, chick peas, parsley and Greek dressing.

Eat this whole grain to fend off hunger and to provide great heart health!

Quinoa is also a good source of manganese, iron, calcium, copper, and fiber.

You can "Try" quinoa in our dining centers this month on October 17. We will have samples of foods made with quinoa at dinner.
Give it a try!

MEATLESS MONDAY