



# COULD YOU QUINOA?

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants. The once unique, now ubiquitous grain—has moved beyond salads and bowls to pancakes, risotto, even burgers and buns. Have you been wanting to use this on your menu but not too sure how?

Here are a few ideas...



## QUINOA PANCAKES

- 1 cup cooked quinoa
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon coarse salt
- 1 large egg, plus 1 large egg white
- 1 tablespoon unsalted butter, melted, plus more for skillet
- 1/4 cup low-fat milk

*top it with*

- 2 tablespoons pure maple syrup, plus more for serving
- Fresh fruit or fruit preserves (optional), for serving

**or add a cup to your pancake mix you are already using.**

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600221	WHITE QUINOA 1-25 LB	(.10/OZ uncooked)
566268	RED QUINOA 2/5 LB	(.17/OZ uncooked)
S12326	WHITE QUINOA 2/5 LB	(.12/OZ uncooked)

## BISTRO QUINOA

*this side dish works both served warm or cold*

### Ingredients

- 1/2 cup red quinoa, rinsed in fine mesh colander
- 1/4 cup farro
- 1/2 red pepper, finely diced
- 1/2 green pepper, finely diced
- 1/2 small red onion, finely diced
- 1/2 cup corn, (1 used frozen straight from the freezer)
- 1/2 cup black beans, rinsed and drained
- 2 tsp adobo sauce
- 1/4 tsp smoked paprika
- 1/4 tsp chili powder
- 1/2 tsp cumin
- avocado, sliced (optional, but highly recommended!)

### Instructions:

Preheat oven to 400 degrees.

Begin by cooking quinoa and farro according to package, then set aside to cool in a large bowl.

While quinoa and farro are cooking arrange diced peppers, onions, and corn on a cooking sheet sprayed with non-stick spray. Roast at 400 degrees for about 20 minutes; remove and add to bowl with quinoa and farro to cool.

Rinse and drain beans and add to bowl of veggies.

In a small dish stir together adobo sauce, smoked paprika, chili powder and cumin. Using a spatula pour mixture into the bowl of slightly cooled quinoa and veggies. Stir to thoroughly combine.



### WHAT IS THE DIFFERENCE BETWEEN RED AND WHITE QUINOA?

*Quinoa grows in a rainbow of colors, but the most commonly available are red quinoa, black quinoa and white quinoa. Taste and nutrition are similar among the colors. White quinoa tends to cook up fluffier, while red quinoa and black quinoa have a crunchier texture and the grains don't stick together as much.*