



The Geneva School

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## QUINOA

Today students in grades 2–6 had a chance to taste quinoa [KEEN-wah], sampling warm quinoa topped with roasted veggies and a cold quinoa pudding topped with fresh berries.



Quinoa is an ancient superfood that has been

rediscovered and gaining in popularity in the past few years. While technically a seed and related to the chard and beet family, it is cooked and eaten like grains and rice, and can be served warm as a side dish or entrée, added to soups or salads, or even eaten like oatmeal.

Quinoa is one of the few plants that is a complete protein, meaning it contains all the essential amino acids our bodies need, which makes it an excellent protein source for those who want to reduce or eliminate meat from their plate. It is also gluten free, has a low glycemic index, and is high in fiber, iron, and calcium.

Quinoa cooks like rice, but only takes 15 minutes. A few cooking tips for successful quinoa: rinse in a mesh strainer before cooking to remove residues that cause bitterness; boil in chicken or vegetable broth for a fuller flavor; following cooking time, add a layer of paper towels between pot and lid during the absorption time to help remove excess moisture to prevent sogginess.

Make a double batch, as it stores easily and reheats quickly for a lunch or weeknight meal or to have on hand to throw into soups and salads.

## Perfect Quinoa

- 1 cup quinoa
- 1 3/4 cup chicken or vegetable broth
- In a medium saucepan, bring broth to a boil.
- Add rinsed quinoa, reduce heat, cover pan with lid, and cook on low heat for 15 min.
- Remove pan from stove. Remove lid and put paper towel in between pot and lid. Cover again and let sit for 5 min. to absorb liquid.

Serves 4-6

## Rainbow Roasted Veggies

- 1 zucchini
- 1 yellow squash
- 1-2 onions
- 1 pack of cherry tomatoes
- 1 orange pepper
- 1 green pepper
- (Feel free to vary veggies and use what ever you have on hand or is in season-eggplant, carrots, etc.)
- 1/3 cup olive oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. thyme
- Cut vegetables into coarse chunks and toss in a large bowl.
- Toss vegetables with olive oil, salt, pepper, and thyme and place on baking sheet.
- Roast at 425 degrees for 35-40 min., stirring every 15 min.

Serves 4-6

See other side for **Quinoa Pudding**

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.



## **Quinoa Pudding**

(Discovered by the Gonzalez family when Nicholas was challenged to prepare a “healthy treat” for enrichment class)

1 cup quinoa

4 cups unsweetened coconut milk or whole milk (we used coconut milk)

1/2 cup maple syrup or sugar (we used maple syrup)

2 tsp. vanilla extract

2 tsp. cinnamon

1/4 tsp. salt

Fresh berries to garnish (we used diced strawberries)

- Rinse quinoa, then combine in large sauce pan with the coconut milk (or whole milk), maple syrup (or sugar), vanilla, cinnamon, and salt.
- Bring to a boil, reduce to simmer, and cover leaving lid cracked to let some steam escape. Simmer for 25 minutes, stirring every 5 minutes.
- Remove lid and continue to simmer 5 more minutes until quinoa is thick and milk is mostly absorbed.
- Remove from heat. It will continue to thicken as it cools.
- Garnish with fresh chopped berries.
- May be made the day before and refrigerated overnight.

Serves 8