

EATING HEALTHY

New is not always better when it comes to living a healthy lifestyle. While processed foods are convenient for the person on the go, the ancient grains and seeds supplied by Mother Nature are typically more nutritious. And when added to your diet, grains and seeds can be an interesting way to get the needed vitamins and minerals for good health. One such product is quinoa (pronounced keen-wha).

Technically, quinoa is a seed but is more commonly referred to as a grain. When compared to other grains, quinoa is relatively higher in protein, providing almost twelve grams in a ½ cup serving. In its natural state, quinoa is coated with bitter-tasting saponins. However most quinoa sold commercially in North America has been processed to remove this coating. Many of the boxed/pre-packaged quinoa has already been pre-rinsed for convenience, and cooking instructions therefore suggest only a brief rinse before cooking at all.

Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavor makes it a great alternative to white rice.



Quinoa

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QUINOA, KALE, AVOCADO AND NAVEL ORANGE SALAD

INGREDIENTS

- 1 cup quinoa
- 1¾ cups water
- 1½ bunches kale, cut into 1"x1" pieces
- 1 avocado - peeled, pitted, and diced
- 1 cup navel orange segments
- ¼ cup chopped red onion
- 2 tablespoons crumbled feta cheese

DIRECTIONS

Bring 1¾ cups water to a boil. Add quinoa and reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool, uncovered.

Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate and let cool. Fluff quinoa with fork. Then fold in avocado, orange segments, red onion and feta cheese.

In a mixing bowl, toss the kale and Orange Dijon Dressing until the kale is lightly coated. Transfer the kale on a serving plate and top with the quinoa, avocado and orange mixture. Makes 6 servings.

ORANGE DIJON DRESSING

- ¾ cup fresh navel orange juice
- 1 tablespoon Dijon mustard
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ cup olive oil

DIRECTIONS

In a blender, combine orange juice, Dijon mustard, salt, and black pepper together and let blender run at medium speed. Slowly pour olive oil in the running blender until all ingredients are completely emulsified. Set aside.

NUTRITION INFORMATION:

290 CALORIES, 15.8 G FAT, 33 G CARBOHYDRATE,
6.5 G PROTEIN, 372 MG SODIUM