

HEALTHY QUINOA RECIPES



Spiced
Breakfast
Quinoa

Apple-
Cheddar
Quinoa
Muffins

Quinoa
Mushroom
Soup

Vegetarian
Quinoa
& Squash
Casserole

Quinoa
Veggie
Burger

Quinoa
Lasagna

Quinoa
Pilaf with
Seared
Scallops

Almond
Butter-Quinoa
Blondies

Healthy Quinoa Recipes

SPICED BREAKFAST QUINOA

☒ Heart Health ☐ Diabetes

☒ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 45 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 day; serve cold or reheat over low heat or in the microwave; thin with water or milk as desired.

Quinoa is often turned into a creamy hot breakfast cereal in Bolivia, where much of the world's quinoa is grown. This healthy breakfast quinoa recipe is a hot cereal that is infused with an aromatic chai-inspired blend of spices—cinnamon, nutmeg and ginger.

- ½ cup quinoa
- 1 cup low-fat milk
- 1 cup water
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger
- Pinch of salt
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- 1 large egg white
- 2 tablespoons currants or raisins

1. Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium-high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, 2 to 4 minutes. Stir in milk, water, cinnamon, nutmeg, ginger and salt. Bring to a boil. Reduce heat to maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in honey and vanilla.

2. Whisk egg white in a small bowl with 1 tablespoon of the hot cereal. Repeat with 5 more tablespoons until the egg white is completely incorporated. Stir in currants (or raisins). Return the cereal to the saucepan and cook, stirring, over medium-low heat until thickened slightly, 1 to 2 minutes.

SERVES 2: SCANT 1 CUP EACH



Per serving: 311 calories; 4 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 58 g carbohydrate; 17 g added sugars; 12 g protein; 4 g fiber; 161 mg sodium; 547 mg potassium.

Nutrition bonus: Magnesium (26% daily value), Folate (22% dv), Calcium (19% dv), Potassium (16% dv).

Healthy Quinoa Recipes

APPLE-CHEDDAR QUINOA MUFFINS

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Individually wrap in plastic and freeze airtight for up to 1 month. To reheat frozen muffins, wrap in a paper towel and microwave on High for 30 to 60 seconds. **EQUIPMENT:** Muffin tin with 12 (½-cup) cups

In this savory quinoa muffin recipe, grated apple adds moisture, quinoa adds protein and sharp Cheddar cheese makes these healthy muffins a perfect pairing for soups and stews. To make these quinoa muffins gluten-free, use a gluten-free flour blend in place of the whole-wheat flour.

- 1 cup quinoa flour (see Tip, page 9)
- 1 cup whole-wheat pastry flour (see Tips) or gluten-free flour blend
- 4 teaspoons baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- 2 large eggs
- 1 cup buttermilk (see Tips)
- 1 cup grated peeled apple
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced fresh chives or scallion greens
- 1 cup shredded sharp Cheddar cheese, divided

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray or line with paper liners and spray the liners.
2. Whisk quinoa flour, whole-wheat flour (or gluten-free flour blend), baking powder, sugar and salt in a large bowl. Whisk eggs, buttermilk, apple, oil and chives (or scallions) in a medium bowl. Add the wet ingredients to the dry ingredients. Add half the cheese and stir just until the dry ingredients are moistened; do not overmix. Spoon the batter into the prepared muffin tin. Sprinkle the remaining cheese on top.
3. Bake the muffins until golden brown and a skewer inserted in the center comes out clean, 20 to 25 minutes. Let cool in the pan for 10 minutes before serving.



MAKES: 12 MUFFINS

Calories 169, **Fat** 7g (sat 3g), **Cholesterol** 42mg, **Carbs** 19g, **Total sugars** 4g (added 1g), **Protein** 6g, **Fiber** 3g, **Sodium** 306mg, **Potassium** 70mg.
Nutrition bonus: Calcium (20% daily value)
Carbohydrate servings: 1
Exchanges: 1 starch, ½ high-fat meat, ½ fat

TIPS

- Whole-wheat pastry flour is milled from soft wheat and contains less gluten than regular whole-wheat. Both flours provide the nutritional benefits of whole grains. Find them in large supermarkets, natural-foods stores and online at bobsredmill.com and kingarthurfLOUR.com. Store in the freezer.
- No buttermilk? You can make “sour milk” as a substitute: Mix 1 tablespoon lemon juice or vinegar into 1 cup nonfat milk; let stand for about 10 minutes before using so the acid can sour the milk.

Healthy Quinoa Recipes

QUINOA MUSHROOM SOUP

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 1 HR

A bit reminiscent of old-fashioned mushroom-barley soup, this vegetarian quinoa mushroom soup recipe gets a modern update with nutrient-packed quinoa. A mix of fresh mushrooms and dried porcini boosts the savory flavor. Serve with Apple-Cheddar Quinoa Muffins or whole-wheat dinner rolls.

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided
- 12 ounces mixed mushrooms (shiitake, oyster, cremini), thinly sliced
- ¼ teaspoon freshly ground pepper, plus more to taste
- ¼ cup dry sherry or dry vermouth
- 1 large onion, finely chopped
- 2 stalks celery, chopped
- 1 large carrot, halved lengthwise and thinly sliced
- ½ small red bell pepper, chopped
- 4 cups mushroom broth or low-sodium chicken broth
- ¾ cup canned no-salt-added crushed tomatoes or tomato puree
- ½ cup quinoa
- 1 tablespoon dried marjoram or oregano
- 1 bay leaf
- 2 teaspoons reduced-sodium soy sauce

1. Combine porcini and boiling water in a small bowl, cover with a plate and set aside for 20 minutes.
2. Meanwhile, heat 1 tablespoon oil in a large pot over medium-high heat. Add fresh mushrooms, sprinkle with pepper, and cook without stirring for 2 minutes. Stir and continue to cook, stirring once or twice, until the mushrooms have given off their liquid and are well browned, about 4 minutes more. Add sherry (or vermouth) and cook, stirring, for 1 minute.
3. Add the remaining 2 teaspoons oil to the pot. Add onion, celery, carrot and bell pepper and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes.



4. Meanwhile, line a sieve with a paper towel, place over a bowl and strain the porcini; reserve the liquid. Chop the porcini and add to the pot along with the strained liquid (discard the grit and dregs). Add broth, tomatoes, quinoa, marjoram (or oregano) and bay leaf; bring to a boil. Reduce heat to a simmer, cover, and cook for 20 minutes. Remove from heat, stir in soy sauce and season with pepper.

SERVES 4: 2 CUPS EACH

Calories 229, **Fat** 8g (sat 1g), **Cholesterol** 0mg, **Carbs** 31g, **Total sugars** 8g (added 0g), **Protein** 8g, **Fiber** 6g, **Sodium** 661mg, **Potassium** 778mg.

Nutrition bonus: Vitamin A (76% daily value), Vitamin C (32% dv), Potassium (22% dv), Folate & Iron (20% dv), Magnesium (17% dv)

Carbohydrate servings: 2

Exchanges: 1 starch, 3 vegetable, 1 fat

Healthy Quinoa Recipes

VEGETARIAN QUINOA & SQUASH CASSEROLE

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☒ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 1 HR 20 MIN

TO MAKE AHEAD: Prepare through Step 2, transfer to a 3-quart baking dish; top with squash mixture (Step 3), cover and refrigerate for up to 2 days. Let stand at room temperature while oven preheats. Bake, covered, until bubbling at the edges and heated through, about 45 minutes.

An aromatic mixture of garlic, paprika, cumin, coriander, allspice and cayenne flavors this vegetarian quinoa and squash casserole recipe. Frozen squash is a super-easy topping.

- 3 tablespoons extra-virgin olive oil, divided
- 1 large onion, diced
- 1 tablespoon minced garlic
- 1 tablespoon paprika
- 2½ teaspoons ground cumin, divided
- 1 teaspoon ground coriander
- ¼ teaspoon cayenne pepper, or to taste
- ¼ teaspoon ground allspice
- 2 15-ounce cans chickpeas, rinsed
- 1 28-ounce can diced tomatoes
- 2 cups frozen chopped spinach
- 1 cup quinoa or whole-wheat couscous
- ½ cup golden raisins
- 1 cup water
- ½ teaspoon salt, divided
- 2 10- to 12-ounce boxes frozen pureed squash, thawed
- ⅓ cup finely chopped fresh cilantro

1. Preheat oven to 450°F.

2. Heat 2 tablespoons oil in a large oven-proof skillet over medium heat. Add onion and cook, stirring occasionally, until tender and browned, 9 to 11 minutes. Add garlic, paprika, 2 teaspoons cumin, coriander, cayenne and allspice and cook for 30 seconds. Stir in chickpeas, tomatoes, spinach, quinoa (or couscous), raisins, water and ¼ teaspoon salt. Cook, stirring, for 5 minutes. Remove from heat.

3. If thawed squash is watery, place in a fine-mesh sieve and gently press to extract excess liquid. Transfer to a medium bowl and stir in the remaining 1 tablespoon oil, ½ tea-

spoon cumin and ¼ teaspoon salt. Spread the squash evenly over the chickpea mixture.

4. Cover the pan and bake until steaming hot, about 45 minutes for quinoa (15 minutes for couscous). Let cool for 5 minutes. Serve sprinkled with cilantro.

SERVES 6: ABOUT 1⅓ CUPS EACH



Per serving: 438 calories; 11 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 76 g carbohydrate; 0 g added sugars; 15 g protein; 14 g fiber; 741 mg sodium; 1,088 mg potassium.

Nutrition bonus: Vitamin A (204% daily value), Folate (57% dv), Magnesium & Vitamin C (40% dv), Iron (39% dv).

Carbohydrate servings: 4½

Exchanges: 3 starch, 2 vegetable, ½ fruit, 1 lean meat, 1 fat

Healthy Quinoa Recipes

QUINOA VEGGIE BURGER

- ☒ Heart Health
- ☒ Diabetes
- ☒ Weight Loss
- ☐ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Individually wrap and freeze cooked burgers for up to 3 months. Defrost overnight in the refrigerator. Reheat in a skillet with a little oil.

Toasted pecans, mushrooms, Cheddar cheese, fresh herbs and red quinoa pack this vegetarian burger full of delicious flavor. Red quinoa, which you can generally find in stores where white quinoa is sold, gives the quinoa veggie burgers the perfect color. If you can only find white quinoa, that's fine too. These quinoa veggie burger patties hold together well for freezing, making for a quick and easy meal. Defrost overnight in the refrigerator before cooking. Serve with your favorite burger garnishes. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)

- 1 cup water
- ½ cup red quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups finely chopped cremini or white button mushrooms
- 1 teaspoon minced garlic
- ¾ teaspoon dried marjoram
- ¼ teaspoon dried oregano
- 1 large egg
- ⅔ cup shredded reduced-fat Cheddar cheese
- ½ cup whole pecans, toasted (see Tip) and finely chopped
- ½ cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce
- 8 small whole-wheat burger buns, toasted if desired

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add



mushrooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for 5 minutes.

4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant ½-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)

5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

MAKES: 8 BURGERS

Per serving (with bun): 280 calories; 12 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 35 g carbohydrate; 4 g added sugars; 11 g protein; 6 g fiber; 320 mg sodium; 353 mg potassium. **Nutrition bonus:** Magnesium (19% daily value), Calcium (16% dv), Zinc (15% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, ½ vegetable, ½ medium-fat meat, 1½ fat

TIP

For the best flavor, toast nuts before adding to recipes. Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Healthy Quinoa Recipes

QUINOA LASAGNA

- ☐ Heart Health
- ☐ Diabetes
- ☐ Weight Loss
- ☒ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 1½ HRS

This healthy quinoa lasagna recipe has a layer of quinoa (rather than noodles) along with vegetables, cheese and herbs. Though it tastes like comfort food, don't worry, this quinoa lasagna recipe is not too heavy—you'll still have room for dessert. To save time, use your favorite jarred tomato sauce in this vegetarian lasagna. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- ¼ cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or ½ teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini
- 2 cups packed fresh spinach, tough stems removed
- 1½ cups shredded part-skim mozzarella cheese

1. Coat a 9-by-13-inch baking dish with cooking spray. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork. Evenly spread the quinoa in the prepared dish.
2. Preheat oven to 350°F.
3. Wipe out the saucepan, then add oil and heat over medium heat. Add onion; cook, stirring frequently, until transparent and starting to brown, 5 to 6 minutes. Add mushrooms; cook, stirring, until the mushrooms are softened and very little moisture is left in the pan, 3 to 4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.
4. Combine cottage cheese and egg in a



medium bowl; mix well. Stir in Parmesan, basil and oregano.

5. Spread one-third of the sauce over the quinoa. Make a layer of all the zucchini, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread mozzarella on top.

6. Bake the lasagna until it is hot and the cheese is melted, bubbling and slightly browned around the edges, 35 to 40 minutes. Let stand for about 10 minutes before serving.

SERVES 8

Per serving: 267 calories; 11 g fat (4 g sat, 4 g mono); 39 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 19 g protein; 3 g fiber; 524 mg sodium; 578 mg potassium.

Nutrition bonus: Calcium (27% daily value), Vitamin A (24% dv), Vitamin C (21% dv), Folate (20% dv), Magnesium (19% dv), Potassium (17% dv).

Healthy Quinoa Recipes

QUINOA PILAF WITH SEARED SCALLOPS

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Make whole grains the center of your dinner plate with this citrus-studded quinoa pilaf recipe topped with sweet seared sea scallops. Be sure to buy "dry" sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops treated with STP ("wet" scallops) are higher in sodium, have a mushy texture and do not brown properly.

- 2 tablespoons extra-virgin olive oil, divided
- 3 scallions, sliced, greens and whites separated
- 1 cup quinoa
- 1 cup water
- 2 medium blood oranges or navel oranges
- ¼ cup toasted sliced almonds (see Tip), divided
- ¼ cup chopped fresh cilantro
- 1 teaspoon ground cumin, divided
- ½ teaspoon ground coriander, divided
- ¼ teaspoon salt
- 1 pound dry sea scallops

1. Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add scallion whites; cook, stirring, until beginning to brown, about 1 minute. Add quinoa; cook, stirring until toasted and fragrant, about 1 minute more. Add water; bring to a boil. Reduce heat, cover and simmer until tender, 10 to 15 minutes. Let stand, covered, for 5 minutes.

2. Meanwhile, slice ends off oranges. With a sharp knife, remove the peel and white pith; discard. Working over a large bowl, cut the orange segments from their surrounding membranes. Squeeze juice from the membranes into the bowl before discarding them, if desired. Add the scallion greens, almonds, cilantro, ½ teaspoon cumin, ¼ teaspoon coriander and salt to the bowl; gently stir to combine.

3. Pat scallops dry and sprinkle both sides with the remaining ½ teaspoon cumin and ¼ teaspoon coriander. Heat the remaining 1 tablespoon oil in a large cast-iron or non-stick skillet over medium-high heat. Add the



TIP

To toast chopped nuts: Heat a dry skillet over medium-low heat. Add nuts or seeds and cook, stirring constantly, until fragrant, 2 to 4 minutes.

scallops and cook until golden brown, 2 to 3 minutes per side. (To prevent overcooking, transfer the scallops to a plate as soon as they are done.)

4. Add the quinoa to the bowl with the orange mixture and gently stir to combine. Serve the scallops over the warm quinoa salad.

SERVES 4: ABOUT 3 SCALLOPS & ¾ CUP SALAD EACH

Calories 368, **Fat** 13g (sat 2g), **Cholesterol** 27mg, **Carbs** 41g, **Total sugars** 9g (added 0g), **Protein** 22g, **Fiber** 6g, **Sodium** 597mg, **Potassium** 668mg.

Nutrition bonus: Vitamin C (62% daily value), Magnesium (33% dv), Folate (32% dv), (B12 27% dv), Potassium (19% dv), Iron & Zinc (17% dv)

Carbohydrate servings: 2½

Exchanges: 2 starch, ½ fruit, 2 lean meat, 2 fat

Healthy Quinoa Recipes

ALMOND BUTTER-QUINOA BLONDIES

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 10 MIN | **TOTAL:** 1 HR

TO MAKE AHEAD: Store airtight in the refrigerator for up to 5 days.

People won't even notice that these almond butter-chocolate chip quinoa blondies are a gluten-free dessert recipe. This healthy blondie recipe uses quinoa flour. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)

- ¼ cup unsalted butter, softened
- ¾ cup smooth or crunchy natural almond butter
- 2 large eggs
- ¾ cup packed light brown sugar
- 1 teaspoon vanilla extract
- ¾ cup quinoa flour (see Tip)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup semisweet chocolate chips

- 1.** Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray and line the bottom with parchment paper.
- 2.** Beat butter and almond butter in a mixing bowl with an electric mixer until creamy. Beat in eggs, brown sugar and vanilla. Whisk quinoa flour, baking powder and salt in a small bowl. Mix the flour mixture into the wet ingredients until just combined. Stir in chocolate chips. Spread the batter evenly into the prepared pan.
- 3.** Bake until a toothpick inserted into the center comes out with just a few moist crumbs on it, about 25 minutes. Let cool in the pan for 45 minutes before cutting into 24 pieces. Let cool completely before storing.

MAKES: 24 BLONDIES

Per serving: 146 calories; 9 g fat (3 g sat, 4 g mono); 21 mg cholesterol; 15 g carbohydrate; 10 g added sugars; 3 g protein; 2 g fiber; 71 mg sodium; 100 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 other carbohydrate, 1 fat



TIP

Look for quinoa flour in the baking section or near gluten-free flours in natural foods stores. Or, to make your own, grind whole grains of quinoa into a powder in a clean coffee grinder.

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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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