

Organic Sprouted Quinoa

Country of Origin: Bolivia/Peru

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

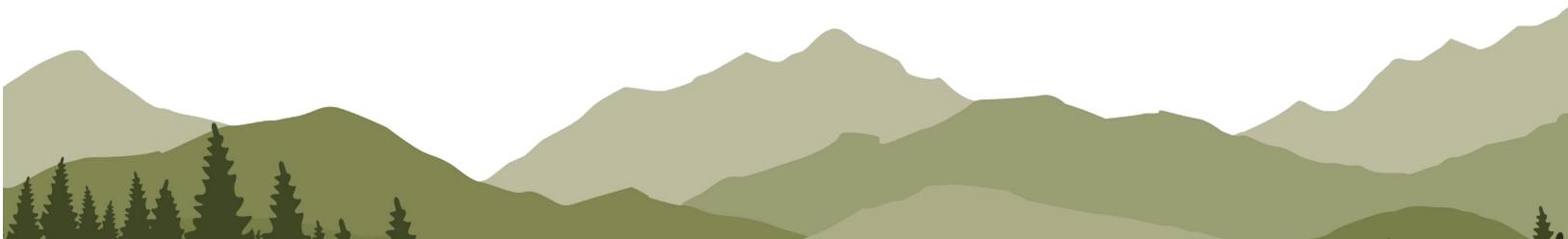
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3 g	5 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 4 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

Factoid:

Sprouted quinoa is quinoa that has been soaked in water, sprouted, then dehydrated in ovens. Cooks in approx. 15 minutes, can be added to salads and soups, or used as a morning cereal.

Ingredients:

Organic sprouted quinoa



Recipe:

Raw Savoury Sprouted Quinoa Salad

Ingredients:

1/2 C water

1 Tbl nama shoyu

1 tsp agave nectar

1/2 tsp balsamic vinegar

1/2 tsp stone-ground mustard

1 clove garlic, minced

3 C assorted diced vegetables, such as portobello mushrooms, red bell peppers, carrots, red onion, zucchini, etc.

1 C sprouted quinoa

1 Tbl chopped fresh herbs such as parsley, oregano, thyme, sage, rosemary, etc.

2 Tbl sliced kalamata olives (optional)

1/4 tsp sea salt, to taste

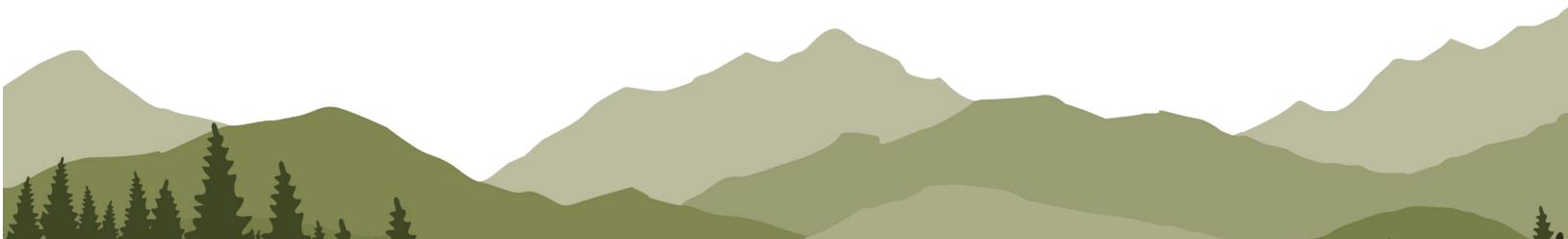
1/4 tsp black pepper, to taste

Pinch cayenne

Instructions:

1. Mix all of the vegetable marinade ingredients together with a whisk or fork and place in a bowl or casserole dish along with the diced vegetables. Allow the veggies to marinate for at least 30 minutes or up to 2 to 3 hours in the refrigerator.

2. Add the sprouted quinoa, and all the remaining ingredients and stir well. Serve immediately or store in an airtight container in the refrigerator for 1 or 2 days. The sprouts won't last very long so eat it up soon.



Cooking Note:

1. Wash 1 cup of sprouted quinoa several times, swishing with your hand, until the water runs clear. Drain thoroughly.
2. Combine quinoa with 2 cups of water (or broth) in a heavy pot. Add a pinch of salt (optional).
3. Bring to a boil, cover, reduce heat to low, and simmer gently for about 15 minutes or until tender but maintains a pleasant crunch and the water is absorbed. The spiral thread-like part of the grain detaches when the grain is ready, so that you can see little squiggly threads. Let stand, covered for 5 minutes.
4. Fluff with a fork. Note: Alternatively, to prepare without cooking: Soak sprouted quinoa in hot water until tender, about 30 minutes.

