

Organic Quinoa Pasta - Fusilli

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1 cup (85 g) / par 1 tasse (85 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 390	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 79 g	26 %
Fibre / Fibres 6 g	23 %
Sugars / Sucres 0 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	25 %

Factoid:

Quinoa is native to the Andean region of Ecuador, Bolivia, Colombia and Peru. It was domesticated 3,000 to 4,000 years ago, though archaeological evidence shows a non-domesticated association with pastoral herding, approximately 5,200 to 7,000 years ago. quinoa contains essential amino acids, such as lysine, and also calcium, iron, and phosphorus. Although quinoa looks and is usually eaten as a grain, it is actually a seed.

Ingredients:

Organic rice flour, organic quinoa flour.



Recipe:

Quinoa Pasta with Golden Beets, Greens and Lentils

Ingredients:

2 bunches of beets and greens

2 C water

1 C French lentils, uncooked (optional)

1 lb quinoa pasta, dry

4 Tbl olive oil, divided

1 medium yellow onion, diced

4 cloves garlic, minced

Freshly ground black pepper and sea salt to taste

Dash of nutritional yeast (optional)

Instructions:

1. Wash the beets well. Chop the beet greens and put them aside for now.
2. Put the beets in a medium pot. Cover with enough water and bring to a boil. Cook on medium heat for 45 - 60 minutes, or until the skins easily rub off.
3. Let the beets cool. Peel and cut them into bite-sized pieces.
4. Cook the lentils. Add 2 cups of water to a saucepan and bring to a boil over medium-high heat, then reduce to a simmer. Add the lentils and cook until they are done, or around 25 minutes. Drain if necessary.
5. Cook the pasta until it is your preferred texture.
6. Add 1 tablespoon of olive oil to a pan over medium-low heat and saute the onions until translucent for about 5 minutes. Add the garlic and beet greens and saute for 3-5 minutes until the greens are tender.
7. Remove from heat and place in a separate bowl. Toss contents with the olive oil, pasta, and beets. Top with freshly ground black pepper, sea salt, and nutritional yeast (optional).

Cooking Note:

- 1. Fill a large stockpot with water and bring to a boil**
- 2. Add 1 1/2 tablespoons of salt to water**
- 3. Plunge organic quinoa pasta into boiling water**
- 4. Return to a rolling boil and cook for 10 minutes or until desired texture**
- 5. Separate the pasta gently with fork during cooking to prevent clumping**
- 6. Remove from heat and drain pasta in large colander over the sink**

