

# Organic Tri Colour 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)

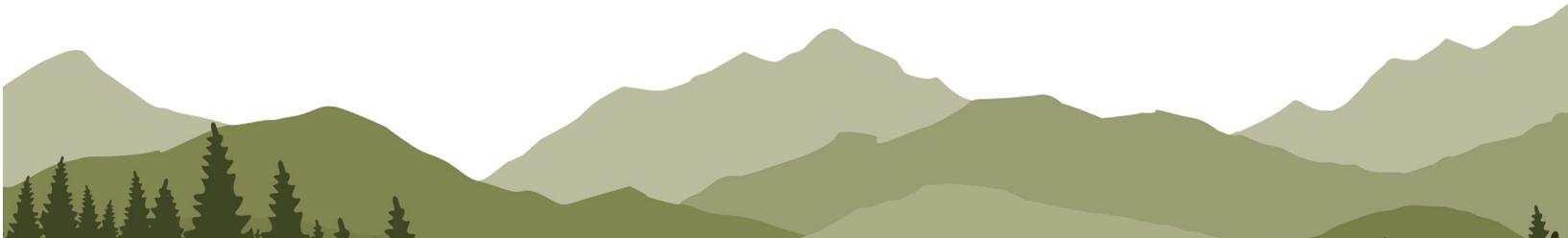
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 34 g	<b>11 %</b>
Fibre / Fibres 3 g	<b>10 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	20 %

## 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. Generally, quinoa is cooked in the same way as rice and is used in similar dishes. However, although quinoa looks and is eaten as a grain, it is actually a seed.

## Ingredients:

Organic white quinoa, organic red quinoa and organic black quinoa.



**Recipe:**

**left coast  
ORGANICS**

# Quinoa with Mixed Mushrooms

## Ingredients:

1 C tri colour quinoa

2 C vegetable or chicken stock (depending on the main dish)

1 1/2 C chopped mushrooms-portabello, morel, porcini, and button

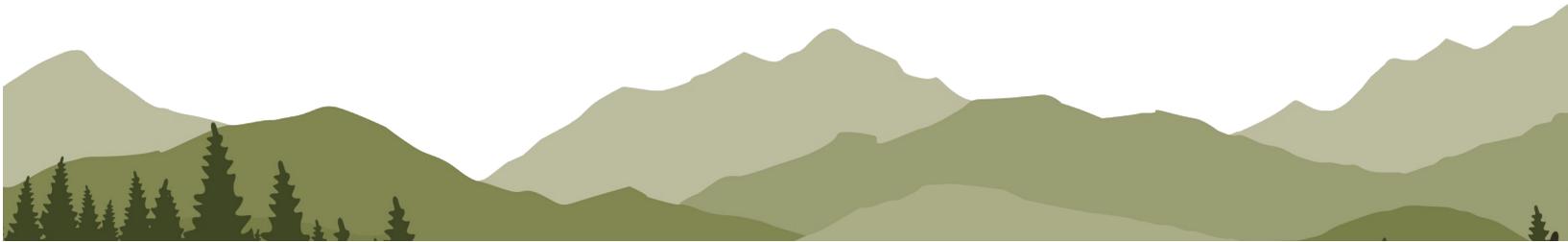
2 large shallots, sliced

2 Tbl scallions, sliced

2 Tbl butter

## Instructions:

1. Soak quinoa for 30 minutes in water. Strain and toss in frying pan on medium heat with 1 tablespoon of butter to lightly toast. Transfer to pot and add the stock.
2. Cook according to directions on the package. In the meantime, saute the mushrooms and shallots in the other tablespoon of butter until most of the moisture has been removed. Add to the cooked quinoa.
3. Top with a few scallions. Serve.



## Cooking Note:

1. Measure out the dry quinoa. After cooking, 1 cup of dried quinoa will expand to about 3 cups of quinoa.
2. Rinse the quinoa well under cold water in a fine mesh sieve (the seeds/grains are quite small). Put the quinoa in a saucepan and add cold water. Use 2 cups of water for every cup of quinoa. Add a pinch of salt.
3. Cover and bring to a boil. As soon as it starts to boil, turn the heat down to a simmer. Simmer for 15-20 minutes. The quinoa should look slightly translucent when it's cooked.
4. If the quinoa is tender but there is excess water in the bottom of the saucepan, take the lid off until the water evaporates. When done, turn off the heat and put the lid on and let sit for 5 minutes. <
5. Use a fork to fluff up the quinoa and serve.

