



How to Cook Quinoa

By Sarah Philipp, Certified Holistic Nutritionist

Hey There! I know many of you are quinoa experts, but for our friends that are new to gluten free/whole foods/whole grains/etc. cooking it can be a terrifying adventure. For those of you in the terrified group (this is somewhat dedicated to one of my very favorite clients who was brave enough to go it alone without this guide - you know who you are), I hope you will find this brief tutorial helpful.

Quinoa, after all, is a wonderful grain to keep in your pantry. It is a great source of protein complete with all of the essential amino acids (building blocks for the most crucial of events in our bodies). Quinoa provides us with many of the essential trace minerals (important for our bodies to function well on a daily basis), as well as fiber and antioxidants.

I will make a very large batch, store it in the refrigerator, and enjoy it throughout the week on salads cold; reheated with a vegetable such as broccoli, green peas, or kale; in [soups](#); or for [breakfast](#) in place of oats. Another light entrée or side dish variation I love is this [quinoa salad](#).

P.S. You should also know that millet is the new quinoa... you heard it here first!! It's a fraction of the price, and is very comparable in flavor and texture.

TO PREPARE QUINOA:

1.) Combine one part quinoa to two parts liquid (water or vegetable broth) in a pot - this is pretty standard for all whole grains.



2.) Bring this to a boil, then cover pot and reduce to a simmer.



3.) Allow to cook for about 10 minutes, but keep a close eye on it, so it doesn't boil over or dry out and burn. Add more liquid when and if necessary.



See final step on next page.

(First photo below: quinoa is not quite done. Second photo: quinoa is DONE - YUM!!)



You can schedule an appointment with Sarah Philipp, Certified Holistic Nutritionist, by calling The Ommani Center at 262.695.5311. She is currently running a special Holiday/New Year price package through the end of March at a 15% discount, plus a free month of meal plans. Ask our scheduling staff for details. Sarah sees clients in person, but if a phone or skype visit better fits your needs, speak to our staff about scheduling in that fashion.