

Keen About Quinoa Camerota's Cupboard June 2013

In time for Father's Day, we introduce to this column a recipe and nutrition information from *The New Prostate Cancer Nutrition Book*, by Charles Myers, MD, Rose Sgarlat Myers, PT, Ph.D, Gabrielle Myers, and Sara L. Sgarlat. This book is a family collaboration from the man many of you know as "Snuffy" Myers. The focus this month is on quinoa, an ancient Incan grain that has become popular in recent years as a "superfood."

Quinoa Timbales

(Adapted from Snuffy Myer's book)

Quinoa is the primary source of high quality protein for villagers living high in the Andes. To prevent mushiness Snuffy suggests you avoid overcooking the grain. In this recipe he serves it in timbales, but it will work as well in a casserole dish.

1 cup quinoa

1 medium onion

2 tablespoons olive oil

½ teaspoon ground cumin

¼ teaspoon cinnamon

¼ teaspoon turmeric

Grated zest of one lemon

1 2/3 cups vegetable stock or 1 can lo-sodium chicken broth

1/3 cup organic golden raisins

¼ cup fresh tomatoes chopped and drained or an equal amount of "no-salt-added" canned

Salt and pepper to taste

Garnish – 3 tablespoons fresh flat Italian parsley, chopped

- In a heavy-bottomed pan, sauté the onion in olive oil until tender and translucent. Add the spices and quinoa, stir, and cook for about 2 minutes.

- Add the stock, tomatoes, raisins, salt, and pepper and bring the mixture to a simmer. Cover the pot and cook the quinoa until it absorbs the liquid.
- Remove the pan from the heat and stir in the parsley.
- Divide the quinoa among 6 lightly oiled timbale molds, and firmly pack each timbale. Invert the timbales onto individual plates or a platter, garnish with parsley and extra virgin olive oil and serve.

Serves 6.

Quinoa with Corn and Sun-Dried Tomatoes

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

High in minerals as well as in protein, quinoa cooks in about the same amount of time as rice. If you buy it boxed, check to see whether it needs to be rinsed thoroughly to remove its natural outer coating before cooking.

2 tablespoons olive oil, divided

1 cup quinoa, uncooked

2 cups boiling water

2 teaspoons chili powder

1 teaspoon minced garlic

½ cup chopped onion

½ cup chopped celery

8 slices sun-dried tomatoes, snipped with kitchen shears

1½ cups frozen corn (or fresh in season)

½ teaspoon salt (or to taste; less is preferable)

¼ teaspoon black pepper

1 tablespoon dried parsley flakes (or a handful fresh)

2 tablespoons chopped cilantro

- Heat 1 tablespoon oil for 1 minute, in a medium pan with a tight fitting lid. Add quinoa; toast until tan. Add boiling water slowly over quinoa; stir to combine.
- Add chili powder; bring to a boil; lower heat. Cover; simmer until fluffy, about 17 minutes.
- In a separate pan, heat remaining 1 tablespoon oil. Add garlic, onion, celery, sun-dried tomatoes and corn; sauté until tender.
- Add salt, black pepper, parsley and cilantro. Gently toss skillet ingredients with cooked quinoa.

Serve hot as a side dish or cold as a side salad.

Serves 8. (1/2 cup per serving)

Nutrition information per serving (1/2 cup): 217 calories; 8g protein; 37g carbohydrate; 6g dietary fiber; 6g fat; 1g saturated fat; 0 mg cholesterol; 688 mg sodium

Quinoa with Mushrooms and Squash

(from AICR (American Institute for Cancer Research))

According to the AICR, quinoa is a good source of magnesium, phosphorus and manganese and is low in cholesterol and sodium. As a member of the whole grain family it's rich in important phytochemicals like phenols. The mushrooms and squash add an earthy flavor and give the dish extra texture and substance.

2 cups lo-sodium vegetable broth

1 cup raw quinoa, rinsed in a fine sieve

1 tablespoon olive oil

1 medium onion, chopped

2 cloves garlic, minced

1 medium zucchini, halved length-wise and sliced

1 medium summer squash, halved length-wise and sliced
8 ounces crimini or baby bella mushrooms, sliced
3 tablespoons chopped fresh cilantro
½ teaspoon dried oregano
½ teaspoon ground cumin
Salt and freshly ground pepper to taste

- Bring vegetable broth to a simmer over medium heat. Stir in quinoa and simmer gently until water is absorbed, about 15 minutes.
- Heat oil in a skillet. Add onions and garlic, and sauté over medium heat until translucent.
- Add squashes and mushrooms and sauté over high heat until squash is touched with golden spots.
- Turn heat to low and stir in cooked quinoa, cilantro, oregano and cumin. Add salt and pepper to taste. Cook over low heat, stirring frequently for 3-5 minutes. Serve immediately.

Serves 6 (1 cup serving)

Nutrition information per 1 cup serving: 170 calories; 5g total fat (0g saturated fat); 27g carbohydrate; 5g protein; 4g dietary fiber; 60mg sodium.