

Quinoa 10 Ways



Roasted Shrimp Quinoa

Servings: 1
Proteins: 3 / Fats: 0 / Carbs: 1



Ingredients:

1/2 cup Cooked Quinoa

3 oz Shrimp

1/4 cup Spinach

1/4 cup Mushrooms

For cooking Olive Oil

Spices of Choice

Directions:

Preheat oven to 350°F.

Place shrimp in a baking dish. Drizzle with olive oil and spices of your choice. Salt, pepper, red pepper flakes and garlic powder all work together nicely. Roast shrimp for 10-12 minutes.

In the meantime, sauté mushrooms in small skillet over medium-high heat for 5-6 minutes. Add spinach and sauté for 1 minute longer.

Toss well with cooked quinoa. Remove shrimp from oven and toss in.



Southwest Quinoa

Servings: 1
Proteins: 0 / Fats: 0 / Carbs: 2

Ingredients:

- 1/2 cup** Cooked Quinoa
- 1/4 cup** Black Beans (drained and rinsed)
- 1/4 cup** Tomatoes (chopped)
- 1 Tbsp** Green Chilies
- 1 Tbsp** Chili Powder

Directions:

Combine vegetables, beans and chili powder in a small saucepan over medium heat.

Cook for 10 minutes, stirring constantly. Remove from heat and toss with cooked quinoa.



Quinoa Meatballs

Servings: 4
Proteins: 4 / Fats: 0 / Carbs: 0

Ingredients:

- 1 lb** Ground Turkey
- 3/4 cup** Cooked Quinoa
- 2 Tbsp** Quinoa Flour
- 1** Large Egg
- 1 Tbsp** Fresh Chopped Rosemary
- 1 tsp** Red Pepper Flakes
- To taste** Salt and Pepper

Directions:

Preheat oven to 400°F.

Mix all ingredients together well and form into meatballs.

Place on baking sheet lined with parchment paper. Bake for 15-20 minutes, rotating halfway through.



Green Quinoa Salad

Servings: 1
Proteins: 1 / Fats: 1 / Carbs: 2



Ingredients:

- 1/2 cup** Cooked Quinoa
- 1 oz** Avocado (chopped)
- 1** Hard-Boiled Egg (chopped)
- 1/2 cup** Green Peas

Directions:

Combine all ingredients in a bowl and refrigerate for 30 minutes.



Quinoa Stir Fry

Servings: 1
Proteins: 4 / Fats: 0 / Carbs: 2

Ingredients:

- 1/2 cup** Cooked Quinoa
- 1** Carrot (cut into thin slices)
- 1/4 cup** Snap Peas
- 4 oz** Grass Fed Beef
- 1 Tbsp** Fresh Ginger
- 2 Tbsp** Tamari
- For cooking** Coconut Oil

Directions:

Heat coconut oil over medium high heat. Add carrots and peas, sauté for 2 minutes.

Add beef and cook until cooked through. Add the ginger and tamari and toss to coat.

Cook for 3 more minutes and serve over quinoa.



Greek Quinoa Salad

Servings: 1
Proteins: 0 / Fats: 1 / Carbs: 2

Ingredients:

- 1/2 cup** Cooked Quinoa
- 2 Tbsp** Red Onion (chopped)
- 1 Tbsp** Olives (chopped, kalamata work best)
- 1 oz** Feta Cheese
- 1 Tbsp** Apple Cider Vinegar
- 1/4 cup** Red Bell Pepper (chopped)

Directions:

Combine all ingredients. Toss well and chill in refrigerator for at least 30 minutes.



Chicken Caprese Quinoa

Servings: 1
Proteins: 4 / Fats: 0 / Carbs: 2

Ingredients:

- 1/2 cup** Cooked Quinoa
- 4 oz** Chicken Breast
- 1/2 cup** Grape Tomatoes
- 1/2 cup** Fresh Basil (chopped)
- 1 clove** Garlic (minced)
- 1 tsp** Olive Oil
- To taste** Salt and Pepper

Directions:

Preheat oven to 350°F.

Place chicken and tomatoes in bottom of a baking dish. Drizzle with olive oil. Sprinkle minced garlic and chopped basil on top, as well as salt and pepper. Bake for 25 minutes.

Remove from oven. When chicken is slightly cooled, chop coarsely.

Toss cooked quinoa in baking dish to coat with olive oil and herbs and spices. Toss in chopped chicken and serve.



Sweet Quinoa Breakfast Scramble

Servings: 1
Proteins: 2 / Fats: 0 / Carbs: 2



Ingredients:

- 1/2 cup** Cooked Quinoa
- 1 oz** Raw Almonds
- 1 tsp** Cinnamon (divided)
- 1** Small Apple (sliced, you can also use peaches)

Directions:

Place apples in small skillet. Sprinkle with 1/2 tsp cinnamon. Sauté over medium-low heat, until fragrant (about 4-5 minutes). Toss with nuts, quinoa, and remaining cinnamon. Serve warm.



Quinoa Vegetable Soup

Servings: 2
Proteins: 0 / Fats: 0 / Carbs: 2

Ingredients:

- 1 cup Quinoa
- 4 cups Vegetable Stock
- 1 large bunch Parsley (chopped)
- 1 Large Red Onion (thinly sliced)
- 4 cloves Garlic (minced)
- Olive Oil
- 1 cup Spinach (chopped coarsely)
- 1 Lime (juiced)
- 1 pinch Coriander
- 1 pinch Cayenne

Directions:

Heat olive oil in a medium sized pot over medium high heat. Add garlic and cook for 1 minute, stirring constantly. Add onion and cook 3-5 minutes. Add quinoa. Stir to coat and cook for a minute until quinoa becomes fragrant and toasted. Add stock and bring to a boil.

Reduce heat and simmer for 15 minutes, until quinoa is cooked. Season with spices and lime juice.



Quinoa Breakfast Porridge

Servings: 1
Proteins: 2 / Fats: 0 / Carbs: 1

Ingredients:

- 1/2 cup** Cooked Quinoa
- 1/4 cup** Peaches (chopped)
- 1 oz** Pecans
- 1/4 cup** Coconut Milk
- 1 tsp** Maple Syrup
- 1 tsp** Chia Seeds

Directions:

Combine all ingredients in a small saucepan over medium low heat. Stirring constantly, cook for 3-4 minutes. Serve.

