



Quinoa

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	quinoa	1.5 L
9 cups	low-sodium broth or water	2.25 L

Instructions

1. Place quinoa in a fine colander and rinse thoroughly under cold water (to remove bitter tasting coating).
2. In a large saucepan, bring broth or water to a boil.
3. Add quinoa, stir and reduce heat to medium-low. Cover and cook until liquid is absorbed, about 15 minutes. (When cooked, the grain will be translucent with a white ring.)
4. Once cooked, let stand for 5 minutes. Fluff with a fork and serve.

Note: Cooked quinoa can be mixed with cooked couscous (see Couscous cooking instructions).

Nutrition Information	
Serving 70 g (½ cup)	
Calories	80
Fat	1.5 g
	Saturated 0 g
	+ Trans 0 g
Sodium	20 mg
Carbohydrates	15 g
	Fibre 1 g
	Sugars 1 g
Protein	3 g
	Calcium 20 mg
	Iron 2 mg

Food Guide Servings
1 Grain Product