How to eat:

- Quinoa can be enjoyed in many ways, whether its mixed in with a salad or as a healthy alternative to breakfast cereals. For a simple meal just rinse, place in a bowl with water, bring to a boil for 20 minutes and serve.

- A variety of fruits compliment quinoa, such as blueberries, raspberries, blackberries, and strawberries. Combine for a delicious berry quinoa salad! Click here for a recipe.

- Quinoa is a great substitute for rice and tastes great paired with fish and vegetables.

Quinoa is a great whole food that contains fiber and protein. It contains all of the essential amino acids our bodies need, making it a complete protein. Additionally, it is high in fiber, phosphorus, magnesium, potassium, calcium, iron, B-vitamins, & boasts an impressive variety of antioxidants. One cup of Quinoa contains 222 calories, 5.2 grams of fiber, 318 mg of potassium, & 58% of the daily value for manganese.

Quinoa comes in a variety of colors such as white, red, or black. White quinoa is known as the least bitter of the three, whereas, the other colors are chewier and go great in cold dishes. Pre-rinsed Quinoa can be purchased for your convenience. Maximum shelf-life can be achieved by storage in an air-tight container in the pantry.

Lemon Blueberry Quinoa Pancakes

Makes: 9 total, Serving size: 3

Ingredients:
- 1 cup cooked quinoa
- ¾ cup white whole wheat flour or whole wheat pastry flour
- 2 tsps. baking powder
- ¼ tsp. salt
- 1 egg
- ¼ cup unsweetened soy milk
- 1 tbsp. sugar
- 1 tsp. pure vanilla extract
- ½ cup fresh lemon juice
- Zest of 1 large lemon
- ½ tbsp. canola oil
- ¾ cup fresh or frozen blueberries

Directions:

- In a medium bowl, whisk together quinoa, flour, baking powder, and salt. In another medium bowl, whisk together egg, milk, vanilla, sugar and lemon juice until smooth.
- Add wet ingredients to dry ingredients and whisk to combine. Stir in oil, then gently fold in blueberries.
- Lightly coat a large nonstick skillet or griddle with oil & heat over medium. Drop batter by ¼ cup onto skillet.
- Cook until bubbles appear on top, about 2 minutes. Flip cakes & cook until golden brown on underside, 2 minutes. Continue with remaining batter. Lower heat to prevent burning.

Nutrition Facts: 281.9 calories, 8.2g protein, 49g carbohydrates, 7g fiber, 9g sugar, 5g fat.
Blackberries top the list as one of 50 foods containing the highest antioxidant content per serving. There are just 60 calories in one cup of blackberries and 7 grams of fiber! They are also high in Vitamin C, K and manganese. One cup of blackberries contains half of the daily recommended value for Vitamin C. So next time you are trying to fight a cold, skip the orange juice and have 1 cup of blackberries instead.

Blackberries rank high on the pesticide load, so buy local when possible and choose organic. You may also be able to find organic blackberries in the frozen section. Blackberries are extremely perishable and need to be eaten within a few days of purchase. Wash when ready to eat and pat dry.

Blackberry Cantaloupe Salad

Makes: 4 servings

Ingredients:
- 2 cups blackberries
- ½ cantaloupe, cut into 1-inch pieces
- 1 tsp. grated peeled fresh ginger
- ½ tsp. lime zest plus 1 tbsp. juice
- 2 tbsp. thinly sliced mint leaves

Directions:
In a large bowl, combine all ingredients except mint. Cover and let stand for 30 minutes. Stir in mint just before serving.

Nutrition Facts:
15 calories, 0g fat, 0g saturated fat, 0mg sodium, 2g fiber, .5g protein, 3.5g carbohydrate.