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Quick Bites — Quinoa

If you're looking to mix up your grains, look no further than quinoa. This seed can be cooked and used in place of grains and contains all essential amino acids, making it a good source of protein. Pairing with broccoli and cauliflower gives this bowl a fresh crunch and adds vitamin C, folate and cancer protective glucosinolates. These compounds may decrease inflammation, a risk factor for cancer.

- From AICR Health Talk - www.aicr.org

Did You Know?

Cruciferous vegetables get their name from the Latin cruciferae, meaning "cross-bearing" and are easily identified by the cross shape of their four petal flowers.



Powerhouse Quinoa Bowl with Cauliflower & Broccoli

Makes 8 servings.

Per serving: 120 calories, 3.5 g total fat (0 g saturated fat), 20 g carbohydrate, 5 g protein, 4 g dietary fiber, 50 mg sodium.

Ingredients:

1 Tbsp. extra virgin olive oil, divided	2 cups cauliflower florets
2 cups broccoli florets	1 cup chopped onion, divided
3 cloves garlic, minced	1 cup quinoa
1 medium green bell pepper, sliced into strips	
1 medium red bell pepper, sliced into strips	
1 Tbsp. fresh thyme, chopped medium (1 tsp. dried may be substituted)	
1 Tbsp. fresh oregano, chopped medium (1 tsp. dried may be substituted)	
2 cups reduced-sodium vegetable broth	
Salt and freshly ground black pepper	

Directions:

1. In skillet, heat 2 teaspoons olive oil over medium-high heat. Add cauliflower, broccoli, peppers, 1/2 cup onion and garlic. Sauté 5 minutes until vegetables start to soften. Stir in herbs and sauté 2 minutes. Remove from stovetop and set aside.
2. In strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
3. In medium saucepan, heat remaining teaspoon oil over medium-high heat. Add remaining onion. Sauté about 3 to 4 minutes. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 20 minutes.
4. Gently stir in vegetable mixture and combine well with quinoa. Season with salt and pepper to taste. Serve.

For more information:
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