

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Navapai County

Walnut-Orange Quinoa with Warm Spices

Makes about 5 cups

1½ cups quinoa

2½ cups water

Dressing:

1 tsp ground coriander

½ tsp ground cumin

⅛ tsp cinnamon

⅛ tsp ground black pepper

Pinch of salt

Zest of one orange

¼ cup freshly squeezed orange juice

1½ tbs extra virgin olive oil

2 tbs lemon juice

Embellishments:

½ cup chopped fresh cilantro, parsley, basil, or mint

2 scallions, finely chopped

1 small cucumber, diced, peeled and seeded

½ cup walnuts, toasted and chopped (substitute pecans if desired)

¼ cup dried currants or raisins

Optional: Diced fresh peaches, red grapes and/or diced red bell pepper



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

Directions

Rinse the quinoa very well with cold water in a fine mesh sieve. Let drain. In a medium-sized saucepan, heat the water to a boil. Add the quinoa, bring back to a boil, then cover and reduce heat to a simmer. Cook about 15 minutes, until most of the water is absorbed. Turn off heat and let the quinoa steam gently for a few minutes in the covered pot. Transfer the quinoa to a big bowl, fluff with a fork and let cool.

Combine the dressing ingredients, adjust flavors and set aside.

Add the chopped herbs, scallions, vegetables, walnuts, and currants or raisins to the quinoa. Toss with the dressing. Add chopped fresh fruit if using. Serve at room temperature.

NUTRITION INFORMATION

PER CUP:

Calories	335
Protein	10 g
Carbohydrates	40 g
Fiber	7 g
Fat	15 g
Sodium	137 mg
Potassium	528 mg

Cost per serving: \$1.50