

Qq

Quinoa:

- The “mother grain” is pronounced “keen-wah” and is actually a seed.
- Is a complete protein with all 9 essential amino acids
- Can be popped and seasoned like popcorn
- High in anti-inflammatory phytonutrients
- Contains heart healthy omega-3 fatty acids
- A mineral rich, gluten-free protein
- It's a flowering plant in the amaranth family.
- Grown in the Andes mountains of Peru, Bolivia and
- Chili, as well as the mountains of Canada.
- Promotes healthy gut microbes
- Should be rinsed thoroughly before cooking
- One cup equals 21% of daily fiber needed
- Grows best in sandy, well drained soils with low nutrient content
- As to not shatter the seed, most is harvested by hand
- Comes in red, black, and white varieties with red being more nutritious.
- Related to beets, chard and spinach.
- Can be eaten for breakfast, lunch and dinner

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