

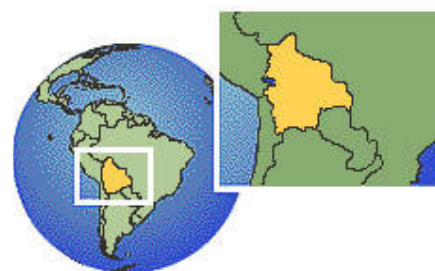
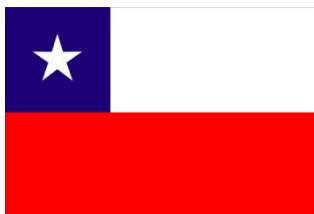
# Quinoa Facts



The Incas considered it a sacred food and referred to it as the "mother seed."



Peru, Chile and Bolivia have produced quinoa for over 5,000 years however, it is a relatively new food for the USA



Low Gluten Content

Good Source of  
Protein for  
Vegetarians

Calories (1/4cup)	222
Protein	8.14g
Dietary Fiber	5.18g
Manganese	58.5%DV



**To prepare:** thoroughly wash to remove residual saponins that can cause it to taste bitter otherwise.

**To cook the quinoa:** add one part quinoa to two parts water in a saucepan. Bring to a boil, reduce the heat to simmer and cover for 15 minutes. It's done when grains have become translucent, and the germ makes the grain look