

# CHERRY CINNAMON QUINOA

<b>Culinary Intro:</b>	Quinoa, a type of whole grain, has a nutty quality that can be enjoyed both in savory or sweet preparations. This recipe can be prepared for a warm breakfast.
<b>Nutrition Intro:</b>	Quinoa provides complete protein, dietary fiber, essential vitamins, and it is gluten-free.

<p><b>Prep time: 30 minutes</b>  <b>Ingredients for 4 servings</b>  <b>Each serving= ½ cup cooked quinoa</b>  <b>Cost per serving= \$1.04</b></p> <ul style="list-style-type: none"> <li>• 2 cups low-fat milk or non-dairy alternative, unsweetened</li> <li>• ½ teaspoon ground cinnamon</li> <li>• 1 Tablespoon honey</li> <li>• about 3 cups cooked quinoa</li> <li>• ¼ cup toasted walnuts or sliced almond, toasted</li> <li>• 1 cup fresh cherries, pitted or frozen cherries, thawed</li> <li>• 2 dried apricots, thinly sliced (optional)</li> </ul> <p><b>Steps:</b>          Note: To cook quinoa, combine 1 cup quinoa and 2 cups water in a stock pot. Over medium-high heat, bring to a boil, and then reduce heat to a simmer. Cover and cook until liquid is absorbed and quinoa has puffed open.</p> <ol style="list-style-type: none"> <li>1. Combine the milk, ground cinnamon and honey in a small stock pot. Bring to a gentle boil, stirring to dissolve the honey. Add the cooked quinoa and turn heat down to a simmer for 5 minutes.</li> <li>2. Rinse, dry, pit and halve the cherries, if using fresh. Thaw the cherries by running them under cool water. Set aside.</li> <li>3. Once quinoa is cooked, separate into four bowls, Top with toasted walnuts or almonds, cherries, and apricots.</li> </ol>	<p><b>Culinary/ Nutrition Notes for Demo:</b></p> <p style="text-align: center;"><b>1</b></p> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• quinoa is a whole grain native to South America and was a staple food for the Incas</li> <li>• rinsing and draining quinoa can help remove some of the bitterness found in the outer layer of the grain</li> <li>• quinoa can be cooked like rice or added to soups</li> <li>• quinoa will absorb the liquid it is cooked in and will puff open once fully cooked</li> <li>• quinoa has a nutty quality</li> <li>• rolled oats would make a good substitute</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Quinoa provides twice the protein content of rice and other grains. It is a very good source of calcium, and it is rich in several B vitamins, vitamin E and dietary fiber. Because quinoa is high in dietary fiber, it is a slowly digested carbohydrate (low-GI) making it an excellent alternative to everyone, but especially those with insulin resistance and diabetes.</li> <li>• Quinoa cooks fast and it is a versatile grain that can be enjoyed for breakfast, as a side dish, in salads, etc.</li> <li>• Quinoa contains small amounts of essential omega-3 fatty acids.</li> </ul> <p style="text-align: center;"><b>2</b></p> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• toasting nuts enhance their nutty flavor</li> <li>• toasting nuts helps remove moisture, making them crisp</li> <li>• store nuts in a sealed bag in the refrigerator or freezer to preserve freshness</li> <li>• nuts can easily go rancid due to their oils</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Nuts are a rich source of heart-healthy oils and protein.</li> <li>• Research shows that consuming nuts as part of a healthy diet may decrease the risk of heart-disease and some types of cancer.</li> <li>• The protein, dietary fiber, and fats in nuts help us feel full faster which makes them a great food to snack on.</li> <li>• The recommended serving size of nuts is 1 ounce of a small hand full.</li> </ul>
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<b>Nutrition Facts</b>	
Serving Size 1/2 cup (311g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 47g</b>	<b>16%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 17g	
<b>Protein 16g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 35%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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**Culinary:**

- frozen cherries are convenient because they have already been pitted
- the dark red color of the cherries pairs nicely with the tan color of the quinoa

**Nutrition:**

- Cherries are a rich source of vitamin C.
- “Cherries are a rich source of anthocyanins and other flavonoids that help boost memory function.” (eatright.org).
- The nutritional value of fresh cherries and cherries in syrup is significantly different. Cherries in syrup have added sugars.

**Clean-up/Review comments**

**Culinary/ Cook Once, Eat Twice:**

Prepare a large batch of quinoa in plain water to use in a variety of recipes. Warm milk and add cooked quinoa to heat through or add a variety of veggies and a lemon-and-olive-oil vinaigrette.

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 knife</li> <li>3. 1 bowl for trash</li> <li>4. mise en place bowls</li> <li>5. 1 colander</li> <li>6. silicone spatula</li> <li>7. 1 stock pot</li> <li>8. measuring cups</li> <li>9. measuring spoons</li> <li>10. paper plates/ cups/ soufflé cups</li> <li>11. paper towels</li> <li>12. tablecloth</li> <li>13. kitchen towel</li> <li>14. gloves</li> <li>15. copies of recipe</li> </ol>	<p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 cup quinoa</li> <li><input type="checkbox"/> ¼ cup walnuts or sliced almonds</li> </ul>
	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 ½ cups low-fat milk or non-dairy alternative, unsweetened</li> </ul>
	<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ground cinnamon</li> <li><input type="checkbox"/> honey</li> </ul>
	<p><b>Frozen</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 bag frozen cherries</li> </ul>
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> bowls, spoons, napkins</li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe; toast walnuts or almonds; thaw cherries</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the produce intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b> ½ hour</p>	