



Weekend Passport:

Asian Style Quinoa Medley

FOODS OF THE WORLD

Cooking can be an adventure, a way to discover different flavors of the world. Each culture has a unique way of combining ingredients and flavors. Think about Italian versus Chinese food. These two cultures use very different oils, spices, and herbs to create equally flavorful, yet very diverse recipes.

Each country has a unique cuisine different combinations of ingredients and flavors. Have you ever wondered what other kids around the world eat in their different countries? Many of us have been lucky enough to experience some of these global favorites, from Italian pizza to Chinese stir fry, or even Indian curries. Here is a hint of the flavors from around the world.

Mexico – chili powder, cumin, cilantro, and cloves

Italy – basil, garlic, oregano, rosemary, and thyme

Greece – dill, lemon, parsley, and chives

India – cumin, curry, turmeric, and ginger

China – ginger, red chili pepper, fennel, and cloves

Africa – cinnamon, olives, dates, citrus

Did you know? Asian Cuisine

Asian Cuisine represents cuisines from almost 50 different countries! In the US, we often find Asian fusion-style recipes, where certain aspects of Asian recipes or ingredients are incorporated into American dishes. This Asian Style Quinoa Medley has edamame, sesame oil, soy sauce, and ginger!

Try the Recipe!

Asian Style Quinoa Medley

<https://bit.ly/3dkKtVl>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonio and we just might share your photo!

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