

QUINOA 5 WAYS

Quinoa is a unique grain full of fiber, micronutrients and protein!
Here are 5 easy ways to incorporate this nutrient-dense grain into your diet.



USE IN PLACE OF OTHER GRAINS

Quinoa works as a delicious side to vegetables and your choice of protein. Try using quinoa for stuffed peppers by adding lean ground turkey, salsa, your favorite veggies.

Top with reduced fat cheese and season with garlic, onions and chili powder. Bake until cheese melts and peppers are tender.

TOSS IN YOUR FAVORITE SALAD

Add quinoa to your favorite salad for a protein and fiber boost! Quinoa's nutty flavor is the perfect addition to a baby spinach salad mixed with strawberries and Bolthouse Farms Raspberry Balsamic Vinaigrette Dressing.



TRY QUINOA FOR BREAKFAST

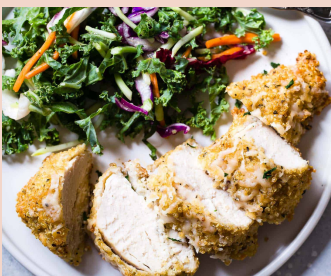
If oatmeal is too heavy and cereal doesn't fill you up, try a breakfast bowl of quinoa + blueberries + a sprinkle of cinnamon + a drizzle of almond butter.

For a savory twist, mix quinoa with chopped kale and eggs, pop in the oven and make egg muffins!

THICKEN YOUR SMOOTHIES

For a thick, protein and fiber rich smoothie, mix 1/4 cup cooked quinoa with a Wholesome Pantry Smoothie blend from the frozen aisle or add to your favorite smoothie recipe!

- 1 small banana
- 1/2 cup fresh or frozen berries
- 1/4 cup cooked quinoa
- 1/2 cup non-fat plain Greek yogurt
- 1 Tbsp of nut butter



USE AS A COATING

Using quinoa in place of breadcrumbs is the perfect nutrient dense swap for your favorite dishes.

Try quinoa crusted baked chicken tenders. Using pre-cooked quinoa, dip chicken in eggs, then in quinoa to coat. Bake until chicken is completely cooked.