

Best Quinoa Recipes

Recipes:

[Curried Quinoa - Our Favorite Quinoa Recipe](#) (On This Page)

[Quinoa Vegetarian Stew - Diet Friendly and Delicious](#)

[Quinoa Turkey Meatloaf - Healthy and Delicious](#)

Looking for the best quinoa recipes? We have one of the best curried quinoa recipes. Curried quinoa is one of the quinoa recipes given to me by the fantastic people that make Blackberry Creek Handmade Natural Soap. The curried quinoa recipe is a family favorite and one of the best quinoa recipes you've ever tasted.

Quinoa contains no gluten. So many of our quinoa recipes are gluten free.

This is one of our quinoa recipes takes a little time to make...about 40 minutes total. But you'll find out as I did that it's worth the effort and more.

The curried quinoa recipe, like many quinoa recipes, calls for a couple of ingredients you might have a little trouble finding depending where you live. I couldn't even get quinoa at the local grocery store! I wound up buying several of the ingredients including the quinoa at a health food store. When the owner saw this quinoa recipes ingredients her face lit up knowing that it was going to be great. She was right! From now on I'm doubling the recipe. My curried quinoa wasn't around long enough to get a picture for the web site.



There are 1800 varieties of Quinoa. Some Quinoa is better than others. Using Ancient Harvest Quinoa guarantees that your family is getting the best quinoa available. All your quinoa recipes will taste better.

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Curried Quinoa Recipe
Serves Six to Eight
1 Cup Quinoa
1½ Tbsp. Vegetable Oil
½ Onion Diced (about 4 or 5 ozs.)
1 Tsp. Grated Fresh Ginger Root
½ Fresh Green Chile (Finely Chopped)
1 Heaping Tsp. Turmeric
1 Heaping Tsp. Coriander
¼ Tsp. Ground Cinnamon
½ Tsp. Salt
1¾ Cups Water
½ Cup Fresh or Frozen Peas



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- 1. Rinse quinoa with cold water. Use a fine mesh filter or coffee filter. If you're a klutz like me use the fine mesh filter or a lot of quinoa is going to wind up in the sink!**

Quinoa is coated with a natural substance called saponin that protects the grain by repelling insects and birds. Rinsing the quinoa is important to avoid a raw or bitter taste. You can tell if there is saponin by the production of a soapy looking "suds" when the seeds are swished in water.

Good news! If you are using Ancient Harvest Quinoa you can skip this step. It's already rinsed!

- 2. Place oil and diced onions in a heavy saucepan. Saute the onions on medium high heat for four to five minutes.**
- 3. Add the ginger root, chile, and quinoa. Cook for one minute stirring constantly.
A fine, white spiral appears around the grain as it cooks.**
- 4. Stir in the turmeric, coriander, cinnamon, and salt. Cook for one minute stirring constantly.**
- 5. Add the water and bring it to a boil. Cover, reduce heat, and simmer for 15 minutes.**
- 6. Stir in peas. Cover and cook for four or five minutes or until peas are tender and all the water has been absorbed.**
- 7. Fluff with a fork before serving.**

Scroll down this page for optional ingredients...

"An Unbeatable Recipe for a Healthy Body..."

- Quinoa recipes provide the nutrients your body needs to stay healthy and to keep your immune system strong.
- Blackberry Creek provides handmade natural products to keep you body looking great and toxin free.
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- Yaktrax allow you to walk or run safely on ice and packed snow so your body gets the exercise it needs to stay fit.
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Optional Ingredient for Curried Quinoa: 1 to 2 Tbsp. Chopped Cilantro. Exercise caution on this ingredient. There are two kinds of people - those who love cilantro and those who hate cilantro. Nobody is in between. So, if you know you like cilantro go for it! If you don't know whether you like it add it at your own risk. You might break some leaves off of fresh cilantro in the grocery store. Crush it between your thumb and finger and smell it. If it smells good you're probably a cilantro lover. If it smells like old gym shoes you probably hate it. My advice? Make the curried quinoa without it and see how you like it. If you do wind up adding cilantro, you add it at the very end when you're fluffing the quinoa with a fork.

Curried Quinoa serving suggestion: This dish is great with pork tenderloin and peach salsa. It's also great with fish.



Fresh Ginger Root



Please email me at
customerservice@quinoa-recipes.com
Let me know how you made out!

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