

Quinoa

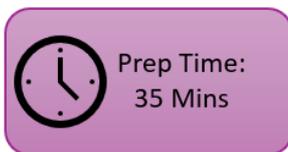
Quinoa is an ancient South American grain that was largely ignored for centuries, it is now being noticed by the rest of the world and hailed as a “superfood” due to its high nutritional content. Quinoa was first grown for food 7,000 years ago in the Andes. The Incas called it “the mother grain” and believed it was sacred. Quinoa is also popular because it’s a gluten-free grain. This means people with celiac disease, wheat allergies or those who avoid gluten can consume it. There are over 3,000 varieties of quinoa, however, the most widely grown types are red, black and white. There is also a tricolor variety, which is a mixture of all three. It’s packed with vitamins and minerals and contains more protein, fiber and healthy fats than other grains.

Chicken Quinoa Salad

Recipe courtesy of Dr Kim Faulkner-Hogg, Advanced Accredited Practising Dietitian (Adv APD) on behalf of the Dietitians Australia Adverse Food Reactions Interest Group.

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.



Ingredients:

500g chicken tenderloins
2 cups water
1 cup tri-colour quinoa
½ small leek, washed and finely diced
2 cups green beans, washed and chopped, 2cm pieces
1 cup carrot, washed, peeled and chopped into small circles
1 small Lebanese cucumber, washed, peeled and diced
2 shallots (thin, pencil shaped), washed and diced
2 stalks of celery, washed and chopped
¼ cup parsley, washed and finely chopped
salt to taste
canola or rice bran oil for cooking

For Salad Dressing

¼ cup canola or rice bran oil
pinch of salt
½ tsp citric acid
½ tsp brown sugar
2 tbsp water

Method:

1. Cook the quinoa per packet instructions.
2. Add a dash of oil to a pan and fry the chicken tenderloins until cooked through and golden.
3. Remove the chicken from the heat, sit for 5 minutes, then cut into bite size pieces.
4. Using the same pan, cook the leeks for 3-4 minutes. Set aside to cool.
5. Boil, microwave or steam the carrots and beans until just soft. Set aside to cool.
6. Once cooled, combine the vegetables with the leek and parsley.
7. Combine all the dressing ingredients together and mix, shake, or whisk well.
8. Add the quinoa, chicken, vegetables and dressing in a large mixing bowl, and toss to combine before serving.

This is lovely as a warm salad for lunch or dinner Leftovers can be kept in the fridge and served as a cold lunch the next day.

Nutrition:

Energy	1308.20kJ
Protein	24.01g
Saturated Fat	1.45g
Total Fat	13.33g
Carbohydrates	21.09g
Sugars	4.55g
Dietary Fibre	5.97g
Sodium	117.45mg

Nutritional information is provided per serve