
COOKING WITH QUINOA

Quinoa Burgers with Lemon-Dill Dressing

Adapted from <https://www.foodlion.com/recipes/quinoa-cakes-with-lemon-and-dill-dressing/>

Prep: 15 minutes

Cook: 30 minutes

Serves: 8

Ingredients

- 3 cups cooked quinoa
- 1 cup grated carrot
- About 8 ounces fresh baby spinach, processed into 1 cup (or 1 cup frozen spinach, thawed)
- ½ cup diced onion
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ¼ teaspoon dill
- 2 cloves minced garlic
- ½ cup quinoa flakes (or use oats) processed into flour
- 1/3 cup sunflower seeds (I toast these first)

You can also make these with a falafel-like flavor by adding the following:

- 1 tablespoon ground coriander
- 1.25 teaspoons cumin
- 1.25 teaspoons ginger

SAUCE

- ½ block sprouted or silken tofu (about 8 ounces)
- ½ teaspoon salt
- ½ teaspoon dill
- 2 tablespoons lemon juice
- 1 clove minced garlic

Directions

Patties

1. Preheat the oven to 400 degrees.
2. Process spinach in a blender or food processor. You can add about ½ cup of the cooked quinoa to make the mixture stickier
3. Combine quinoa, carrot, spinach, onion, 1 tablespoon of lemon juice, 1 teaspoon of salt, ¼ teaspoon of dill, 1 clove of garlic, quinoa flake flour and sunflower seeds in a bowl and mix together.
4. Form into golf ball-sized rounds and flatten in the palm of your hand to form into a patty. Place patties on a well-greased baking sheet and bake for 15 minutes, turn the patties over, and bake for 15 more minutes.
5. When patties are golden brown on both sides, remove from the oven and serve warm with the lemon and dill dressing (or eat without the sauce)

Sauce

1. Combine tofu, ½ teaspoon of salt, ½ teaspoon of dill, one clove of garlic, and 2 tablespoons of lemon juice in a food processor and mix until combined into a smooth sauce.

Gluten-Free Quinoa Beer Bread

Gluten-free version adapted from Shelley Summers, *Creating Heaven through Your Plate: A Wholistic Eating and Self-Healing Guide*

Ingredients

- 1/2 cup maple syrup or (you can also use Sucanat, or white sugar or honey for non-vegan versions; I recommend maple syrup for best results)
- 1 12 oz bottle gluten-free beer, such as Redbridge, Bard's, etc (Harris Teeter, Wegman's, Whole Foods, Food Lion, etc carry gluten-free beer)
- 2 1/4 cups minus 1 1/2 Tablespoons gluten-free flour (you can also use sprouted spelt flour—though technically it isn't gluten free—or regular gluten-full flour). You can buy this at most grocery stores, though check the ingredients for potato starch and the like. Integral Yoga sells gluten-free flour in the bulk section so you can buy just the amount you need. OR you can use 2 1/4 cups of self-rising flour and eliminate the salt and baking powder
- 3/4 cup quinoa flour (Whole Foods usually has this in the bulk section, where it is much less expensive than in pre-packaged boxes)
- 1 1/2 Tablespoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice

Directions

1. Preheat oven to 375 degrees
2. Spray a loaf pan (or a 12 inch x12 inch baking pan) with non-stick spray or grease with vegan butter
3. In a medium bowl, whisk together flour, baking powder, salt, and pumpkin pie spice
4. In a large bowl, combine maple syrup and beer; whisk together (if you use Sucanat or other dried sweeteners, let it stand after mixing it into the beer until the sweetener is dissolved; you might also need to add about 1/4 c. more liquid - beer or water – to dissolve all the dried sweetener)
5. Pour dry ingredients into wet ingredients and mix with a spoon until all flour is incorporated
6. Pour into bread pan and smooth out batter so it is even
7. Bake for 1 hour; spread vegan butter over the top
8. Bake for 15 more minutes
9. Spread vegan butter over top again and let cool for at least 5 or 10 minutes before cutting

Quinoa Pudding

Vegan version adapted from Shelley Summers, *Creating Heaven through Your Plate: A Wholistic Eating and Self-Healing Guide*

Ingredients

- ¾ cup whipped sprouted (or silken) tofu (or 3 eggs)
- 1 cup coconut, cashew, or other non-dairy yogurt (or yogurt, kefir, or sour cream)
- 1/3 cup (or less) maple syrup
- 1 teaspoon vanilla extract
- zest of 1 lemon (or more—depends on how lemony you like it) or about ¾ tsp. lemon extract (might need more; start with ¾ t. and then taste, adding by scant quarter-teaspoons as necessary)

- 1 1/2 cups cooked quinoa (I use red quinoa)
- 1/2 cup chopped dried apricots.

Directions

1. Preheat oven to 350 degrees
2. Spray an 8 inch x 8 inch baking dish with cooking spray or vegan butter (you can also use a 6x9 baking dish).
3. Whip tofu, using a hand-blender, a blender, or a food processor. Measure ¾ cup after whipping
4. Add non-dairy yogurt and maple syrup and whip again
5. Add vanilla and lemon zest (or lemon extract) and process or stir until mixed. Taste to see if you want to add more lemon (if using eggs, be careful about tasting raw eggs)
6. Stir in half the apricots
7. Pour pudding into baking dish
8. Spread the remaining apricots over the pudding (this will prevent all the apricots from sinking to the bottom) and push them down just below the surface with the back of a spoon
9. Put this pan inside a larger dish (I use a 9x13 baking dish or an aluminum roasting pan) and pour water into the outer pan until it rises to the level of the pudding in the inner pan.
10. Bake at 350 degrees for about 30 minutes; check at about 20 minutes and if the top is getting browned, cover with aluminum foil. The pudding should be pretty firm when you remove it from the oven, though it will firm up a little more as it cools (if you use eggs, cook for 40 minutes or until a toothpick comes out clean).
11. Let the pudding cool for at least 30 minutes. I find letting it cool and putting it in the refrigerator overnight makes it more flavorful and also easier to cut.

Curried Quinoa

Cook time: 20 minutes

Serves: 8

Ingredients

- 1 cup quinoa
- 1/2 cup slivered or sliced almonds, toasted in toaster oven (you can also use chopped cashews, etc; you can toast lightly in a frying pan if you don't have a toaster oven)
- 1/3 cup currants
- 1.5 teaspoons curry powder (you can buy this in small quantities in the bulk section at Integral Yoga, Whole Foods, or other health-food stores)

Directions

1. Put quinoa and 2 cups water (you can also use vegetable broth, miso soup, etc, or a combination thereof) in a pan. Whisk and remove any bits of stem that may be floating on the top
2. Bring to a boil, reduce heat to a simmer, cover (be sure it doesn't boil over before it reduces to a simmer), and cook for 10 minutes (almost all the water should be gone). You can add the currants after about 7 minutes if you want, to plump them
3. Turn off stove and let sit on burner for 5 minutes (all the water should be gone now)
4. Remove from heat and fluff with a fork
5. Add currants and curry powder; stir to mix well.
6. Let sit for 5 or 10 minutes. Add almonds, stir, and serve.