

# CURRIED QUINOA

## By Bee Edmunds Espy



### Ingredients:

- 1 Cup Quinoa
- 1½ Tbsp. GOOD olive 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
- Lots of Fresh or Frozen Peas
- Lots of any kind of other green veggie

### Directions:

Rinse quinoa with cold water. Use a fine mesh filter or coffee filter. 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.

Place oil and diced onions in a heavy saucepan. Saute the onions on medium high heat for four to five minutes.

Add the ginger root, chile, and quinoa. Cook for one minute stirring constantly. A fine, white spiral appears around the grain as it cooks.

Stir in the turmeric, coriander, cinnamon, and salt. Cook for one minute stirring constantly.

Add the water and bring it to a boil. Cover, reduce heat, and simmer for 15 minutes.

Stir in peas. Cover and cook for four or five minutes or until peas are tender and all the water has been absorbed.

Fluff with a fork before serving.

What's healthy about this recipe:

1. Quinoa. Quinoa is a grain that is high in protein and also a complete protein, meaning that it contains all 9 essential amino acids. It is a good source of magnesium and B2, two nutrients that have been proven to help with migraine headaches. Quinoa is a very good source of manganese and a good source of copper, two minerals that serve as cofactors for the superoxide dismutase enzyme. Superoxide dismutase is an antioxidant that helps to protect the mitochondria from oxidative damage created during energy production as well as guard other cells, such as red blood cells, from injury caused by free radicals.
2. Turmeric and ginger are powerful anti-inflammatory spices.
3. Coriander and cinnamon help to lower blood sugar.