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## TOASTED QUINOA

### *The Lightest, Fluffiest, Most Flavorful Quinoa*

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

#### PROTEIN-RICH QUINOA MAKES A MEAL OUT OF A BOWL OF SOUP

The idea came to me a couple of weeks ago while enjoying a bowl of vegetable soup. Hmm, I thought, this soup would be perfect over a scoop of quinoa. Maybe even toasted quinoa. Interesting thought considering that I'd never before tasted toasted quinoa.

I made a small batch, toasting the quinoa in the same pan I would cook it in. The smell was incredible, the color change promising, and adding the boiling water exciting. The depth of flavor was rich, earthy, nutty, and fabulous, the texture amazingly light and fluffy.

I have never before used such words and adjectives to describe quinoa—and I love quinoa and have since before the turn of the century (something else I doubt I've ever said before). Toasted Quinoa may be my new best friend. I'm guessing it will become yours, too.

#### LATE TO THE PARTY

You'll love this. While I was writing this article, I began reading the back of the package of Kirkland Signature Organic Quinoa for the first time. There's a paragraph that's most likely been on the package for years. It begins with the word Optional. "Toast quinoa in a dry skillet before cooking for an authentic South American flavor." Oh, 😊 I guess I've come a bit late to the party!

#### TO RINSE OR NOT TO RINSE, THAT IS THE QUESTION

On the practical side, if you rinse quinoa, then you'll have to let it sit and dry for at least 2 or more hours before toasting it. If it's at all wet, some of the quinoa will stick to the bottom and sides of the pan when you try to toast it. Not the case with unrinsed quinoa. Just measure and toast.



#### WHAT ABOUT THE SAPONINS?

Quinoa first appeared in the U.S. over 30 years ago. I do remember the first time I cooked quinoa. Oh, boy, was it bitter. I had no idea at that time that quinoa had to be *vigorously* rinsed to remove the saponins (a bitter-tasting, naturally occurring pesticide) from the quinoa before cooking it.

Saponins are still on quinoa. But for many years now, quinoa—whether in bags, boxes or bulk—(most) always comes prewashed. I just noticed that the words "no need to rinse" are also on the back of that same package of Kirkland quinoa. Yet, I've always given it a rinse out of habit.

Since then, whenever I toast quinoa, which has become every time I make it, I've changed that habit. As, there's "no need to rinse."

#### EASIEST-TO-KEEP 2019 RESOLUTION

Toast your quinoa each time before you cook it.

*May Your Every Day Be Healthy and Delicious!* ♥

*Recipe on next page...*

## TOASTED QUINOA

For the lightest and most deeply flavored quinoa, take an extra few minutes to toast it before adding the water and salt. Toasting adds a rich nuttiness to quinoa, adding another layer of flavor. If you choose to rinse the quinoa, let it dry completely before toasting.

Below I've given the recipe for toasting quinoa in a pan on top of the stove. When you have lots of quinoa to toast, it can more easily be toasted in a 325° oven. Spread the quinoa in a thin layer on a rimmed baking sheet. Depending on the amount of quinoa, bake it from 30 to 50 minutes, stirring every 10 minutes until browned. Once browned, continue with the stovetop recipe using the ratio of 1-part quinoa to 2-parts boiling water. Adjust the salt accordingly.

*Makes: 3 1/2 cups quinoa*

*Active Time: 8 minutes*

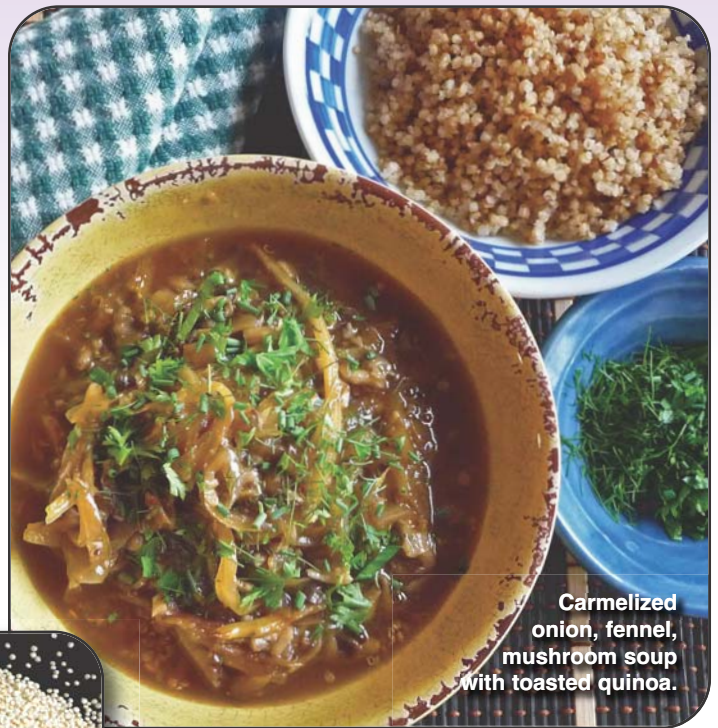
*Total Time: 30 minutes*

### INGREDIENTS

- 1 cup quinoa
- 2 cups hot water
- 1/8 teaspoon sea salt

### INSTRUCTIONS

- 1) Rinse and drain the quinoa (optional). If rinsed, lay the quinoa out on a half sheet pan for a couple of hours or more to thoroughly dry it before proceeding with the recipe.
- 2) Place a filled tea kettle on the stove over high heat.
- 3) Heat a medium-sized saucepan (mine is 2 ¾ quarts) with a tight-fitting lid over medium heat for a minute. When hot, add the dry quinoa.
- 4) In the beginning, lift the pan from the heat. Holding onto the handle make a quick forward and back motion with the flick of your wrist, pushing forward and pulling back, to redistribute the quinoa every 10–15 seconds. Once you notice the quinoa beginning to color, remove the pan from the heat and do that flicking motion more



Caramelized onion, fennel, mushroom soup with toasted quinoa.

frequently, about every 5–10 seconds. Put the pan back on the heat and continue the flicking motion with the pan until the quinoa begins to pop, and becomes a deep golden brown. (And your kitchen fills up with a most delicious aroma.) About 5–10 minutes. The darker the color, the more depth of flavor. However, don't burn it or it will be bitter.

- 5) Take the pan off the heat. Carefully and gradually add the 2 cups of hot water and the salt, as the water will splatter. Return the pan to the stove over high heat. Once the water boils, cover the pot and lower the heat to one notch above low. Cook for 17 minutes.
- 6) Leaving the pot covered, turn off the heat. Wait 5 minutes before removing the lid and fluffing your beautiful light and tasty **Toasted Quinoa**. ■

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