

Quinoa Creations



BY WENDY POLISI

Quinoa Creations

By Wendy Polisi

Quinoa Creations

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Balsamiq Mockups Documentation

Introduction

Looking back, it would have been hard to ever imagine that one food – and my decision to start a website about it – could have ever impacted my life so much. I am truly humbled at the lives I've been able to touch and people I've been able to meet through CookingQuinoa.net. Who would have ever thought that a couple of years later I'd have over 40,000+ email subscribers, 700,000+ followers on Facebook, published cookbooks and numerous ebooks that have allowed me to do what I love – cook – while staying home with my kids?

Thank you so much for all of your support and thank you for continuing with me on this journey as I expand beyond quinoa on WendyPolisi.com.

I am humbled, and I am grateful.

Almost weekly I get emails from readers who are new to quinoa and have no idea how to get started. They want to know what my favorite recipes are, how to cook it and how to get their families hooked.

This ebook represents some of my favorite quinoa recipes. It's a bit of a trip down memory lane for me, and I'd like to thank each of you who have joined me on the ride.

To your health!

Wendy

WendyPolisi.com

Quinoa Creations



Apple Pecan Quinoa Breakfast

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Apple Pecan Quinoa Breakfast

Ingredients

4 apples, divided
1 cup quinoa, rinsed
1 ¼ cup almond milk or milk of choice
¼ cup applesauce
3 tablespoons coconut palm sugar
1 teaspoon ground cinnamon
½ teaspoon sea salt
1 teaspoon vanilla extract
¼ cup chopped pecans
Optional: Maple syrup, for drizzling

Instructions

Using a box grater or food processor, shred two apples.

Bring quinoa and milk to a simmer in a medium saucepan, stirring often. Stir in grated apples, applesauce, sugar, vanilla, cinnamon and salt. Return to a simmer. Cover and cook on low for 25 minutes.

Chop remaining 2 apples. Stir in chopped apples and vanilla and re-cover. Cook for 5 to 10 more minutes. Remove from heat and let sit covered for 5 more minutes.

Divide among four serving bowls and top each with a tablespoon of pecans. If desired, drizzle with maple syrup. Serve warm. May be made ahead and reheated prior to serving.

Notes

Servings 4, Calories per serving 346, Fat 8.7g, Carbohydrates 63.7g, Protein 7.1g, Cholesterol 0mg, Sodium 315mg, Fiber 8.6g, Sugars 27.6g

Quinoa Creations



Hash Brown Quinoa Casserole

Quinoa Creations

Hash Brown Quinoa Casserole

I used vegan Mexican chorizo, but any chorizo will do. Just make sure it doesn't have any hidden gluten if you are gluten free!

4 ounces gluten free Mexican chorizo, casings removed

4 cloves garlic, minced

1 cup enchilada sauce

2 cups cooked quinoa

3 pounds baking potatoes, peeled and shredded

½ cup onion, finely grated

½ teaspoon sea salt

1/2 teaspoon fresh ground pepper

2 eggs beaten or flax eggs

4 ounces Daiya cheddar or cheddar cheese (1 cup)

For Serving: Salsa, Guacamole, (vegan) Sour Cream, Avocado Slices, Tomatoes

Preheat oven to 450 degrees.

Spray an oven safe 10 inch skillet with canola oil and heat to medium high. Add chorizo and cook for 5 minutes, crumbling with the back of a spoon. Add garlic and cook for one minute longer. Remove from pan and combine with enchilada sauce.

Meanwhile, if using flax eggs combine 2 tablespoons of ground flax seeds with 6 tablespoons of warm water. Stir well and set aside.

Spray pan again with canola oil. (You want it to be well covered.) In a medium bowl combine cooked quinoa, shredded potatoes, onion, salt, pepper and eggs. Add quinoa mixture into pan and press with the back of a large spoon or spatula. Cook for 10 minutes – do not stir. Pour enchilada sauce mixture on top of potatoes and top with shredded cheese.

Bake for 20 to 25 minutes, covering loosely with foil towards the end to ensure that the cheese doesn't burn. Allow to cool for 10 minutes and cut into wedges. Serve warm with desired toppings.

Quinoa Creations

Servings 8, Calories 346, Fat 10.4g, Carbohydrates 51.6g, Protein 14.8g, Cholesterol 15 mg,
Sodium 459mg, Fiber 7.6g, Sugars 3.5g, WW Pts 9

Quinoa Creations



Coconut Oatmeal and Quinoa

Quinoa Creations

Coconut Oatmeal and Quinoa

This is one of my favorite ways to start the day!

Ingredients

- ¼ cup Oatmeal
- 1 ½ cups almond milk or milk of choice
- Pinch of salt
- ½ cup cooked quinoa
- 1 tablespoon maple syrup
- 1 tablespoon dried cranberries
- 1 tablespoon shredded coconut
- 1 tablespoon walnuts, chopped

Directions

Combine oatmeal, milk and salt in a small saucepan. Bring to a boil. Reduce heat to low and add in quinoa, maple syrup and cranberries. Cook until the desired consistency. Top with walnuts and coconut and serve warm.

Notes

Servings 1, Calories 350, Fat 14.4g, Carbohydrates 48.5g, Protein 9.8g, Cholesterol 0mg, Sodium 431mg, Fiber 8.1g, Sugars 12.7g, WW Points 8

Quinoa Creations



Quinoa “Cream”

Quinoa Creations

Quinoa “Cream”

This is a great alternative to heavy cream in any savory recipe!

Ingredients

- ½ cup quinoa, rinsed
- 2 cups chicken or vegetable broth
- 1 cup milk of choice (unsweetened)

Instructions

Bring quinoa and broth to a boil. Cover and cook for 25 minutes. Remove from heat and allow to sit for another 5 to 10 minutes.

Add milk to blender and then carefully transfer quinoa mixture. Puree for 2 to 3 minutes, until smooth. Use in place of heavy cream, half and half and/or whole milk in savory recipes.

Notes

Servings 6, Calories 85, Fat 2.1g, Carbohydrates 11.4g, Protein 5.0g, Cholesterol 3mg, Sodium 274mg, Potassium 172mg, Fiber 1.0g, Sugars 2.1g

Quinoa Creations



Cheesy Chipotle Broiled Avocados

Quinoa Creations

Cheesy Chipotle Broiled Avocados

Ingredients

2 avocado
¼ cup black beans
¼ cup cooked quinoa
¼ cup organic corn
¼ cup red bell pepper
2 scallions, minced
½ teaspoon sea salt
½ teaspoon chili powder
¼ teaspoon chipotle chili powder (optional)
1 teaspoon olive oil
1 teaspoon lime juice
¼ cup cheddar cheese or Daiya
¼ cup gluten free breadcrumbs (see below)

Instructions

Preheat oven to 400 degrees.

In a small bowl combine black beans, quinoa, corn, red pepper and scallions. Sprinkle with salt, chili powder and chipotle chili powder and stir until combined. Drizzle with olive oil and lime juice and stir.

Halve and pit avocados. Score avocados, being careful not to cut the skin. Remove flesh and add to bowl. Stir well, lightly mashing as you go.

Divide mixture between avocados. Top with cheese and breadcrumbs.

Cook for 10 to 12 minutes and serve warm.

Notes

To make breadcrumbs, put Gluten free bread in your food processor. Preheat oven to 300 degrees. Process into breadcrumbs. Place on a parchment lined baking sheet and cook for 5 minutes. Turn oven off and allow to sit for 30 minutes in the oven. Store leftovers in the freezer.

Quinoa Creations

Servings 4, Calories 227, Fat 16.9g, Carbohydrates 17.5g, Protein 7.1g, Cholesterol 7mg, Sodium 311mg, Potassium 596mg, Fiber 10g, Sugars 2.2g

Quinoa Creations



Crunchy Asian Quinoa Salad

Quinoa Creations

Crunchy Asian Quinoa Salad

Ingredients

Dressing

2 tablespoons seasoned rice vinegar

4 tablespoons lime juice

1 teaspoon minced fresh ginger

1 tablespoon agave nectar, coconut nectar or honey

1 tablespoon gluten free tamari or coconut aminos

1 teaspoon mellow white or chickpea miso (optional - if not using, salt to taste)

3 tablespoons extra virgin olive oil or 1 teaspoon chia seeds + 3 tablespoons water

1 teaspoon sesame oil

¼ teaspoon hot sauce, to taste

Salad

3 cups shredded Napa Cabbage

1 cup cooked quinoa

1 cup sliced snow peas

4 radishes, cut into matchsticks or julienned

4 green onions, sliced

½ cup shredded carrots

½ cup tomato, seeded & diced

½ cup red pepper, seeded and diced

½ cup chopped cilantro

½ cup almonds, toasted and chopped

Instructions

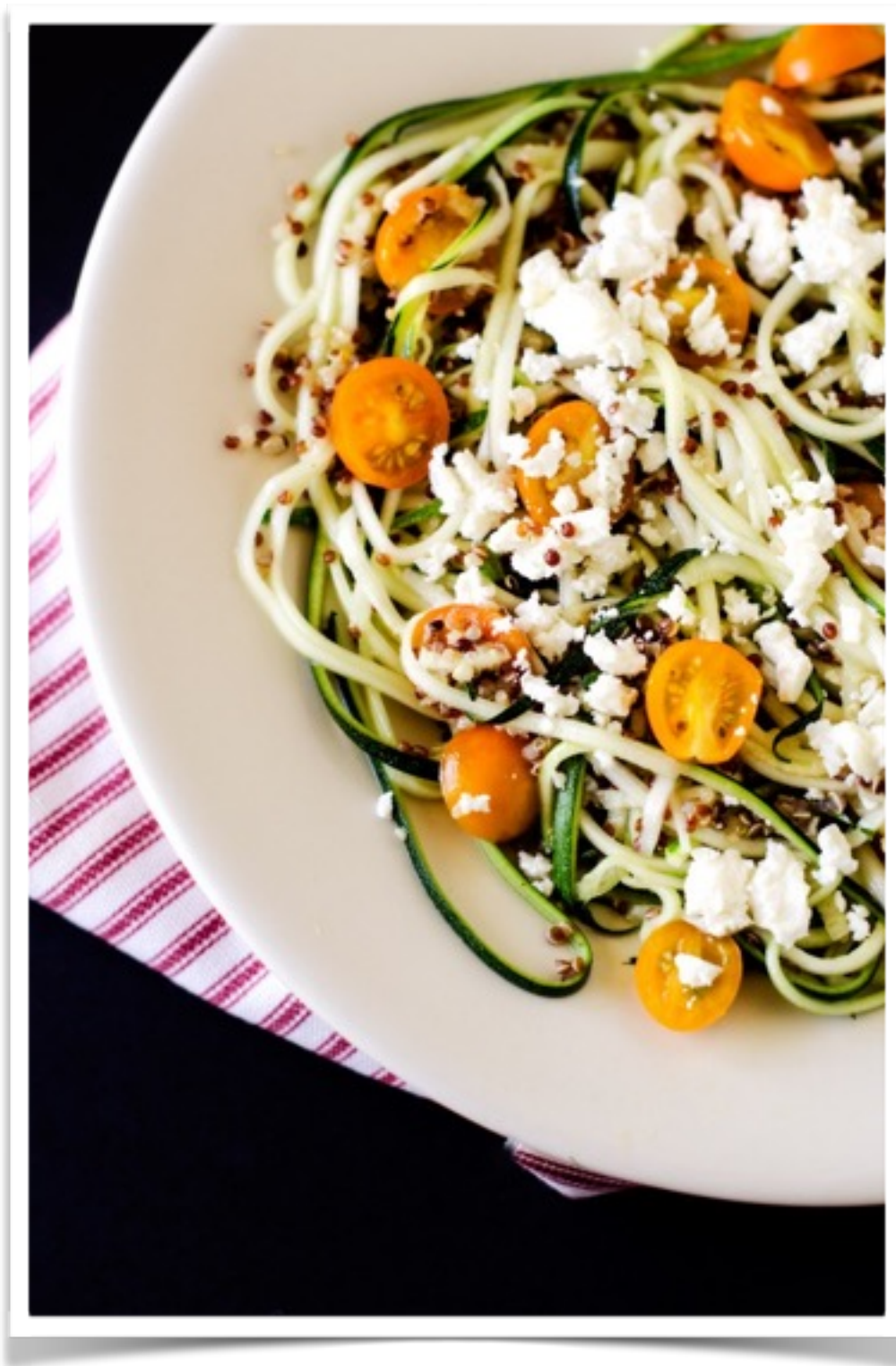
In a blender combine rice vinegar, lime juice, ginger, agave nectar, tamari and miso. Process to combine. Add in olive oil or chia gel, sesame oil and hot sauce.

Quinoa Creations

In a large bowl combine cabbage, quinoa, snow peas, radishes, onion, carrots, tomato and red pepper. Toss with desired amount of dressing. Top with cilantro and almonds and serve.

Notes

Servings 4, Calories 289, Fat 18.9g, Carbohydrates 25.6g, Protein 7.9g, Cholesterol 0mg, Sodium 372mg, Potassium 591mg, Fiber 5.6g, Sugars 10.1g



Zucchini Feta Quinoa Salad with Lemon Dill Dressing

Quinoa Creations

Zucchini Feta Quinoa Salad with Lemon Dill Dressing

Ingredients

1½ cups cooked quinoa
1 lb zucchini, cut into strips with a vegetable peeler
1 cup cherry tomatoes halved
4 ounces feta or nut cheese
Lemon Dill Dressing
¼ cup fresh lemon juice
¼ cup extra virgin olive oil
¼ teaspoon crushed red pepper flakes
1 tablespoon fresh dill or 1 drop dill essential oil
¾ teaspoon sea salt
¼ teaspoon fresh ground black pepper

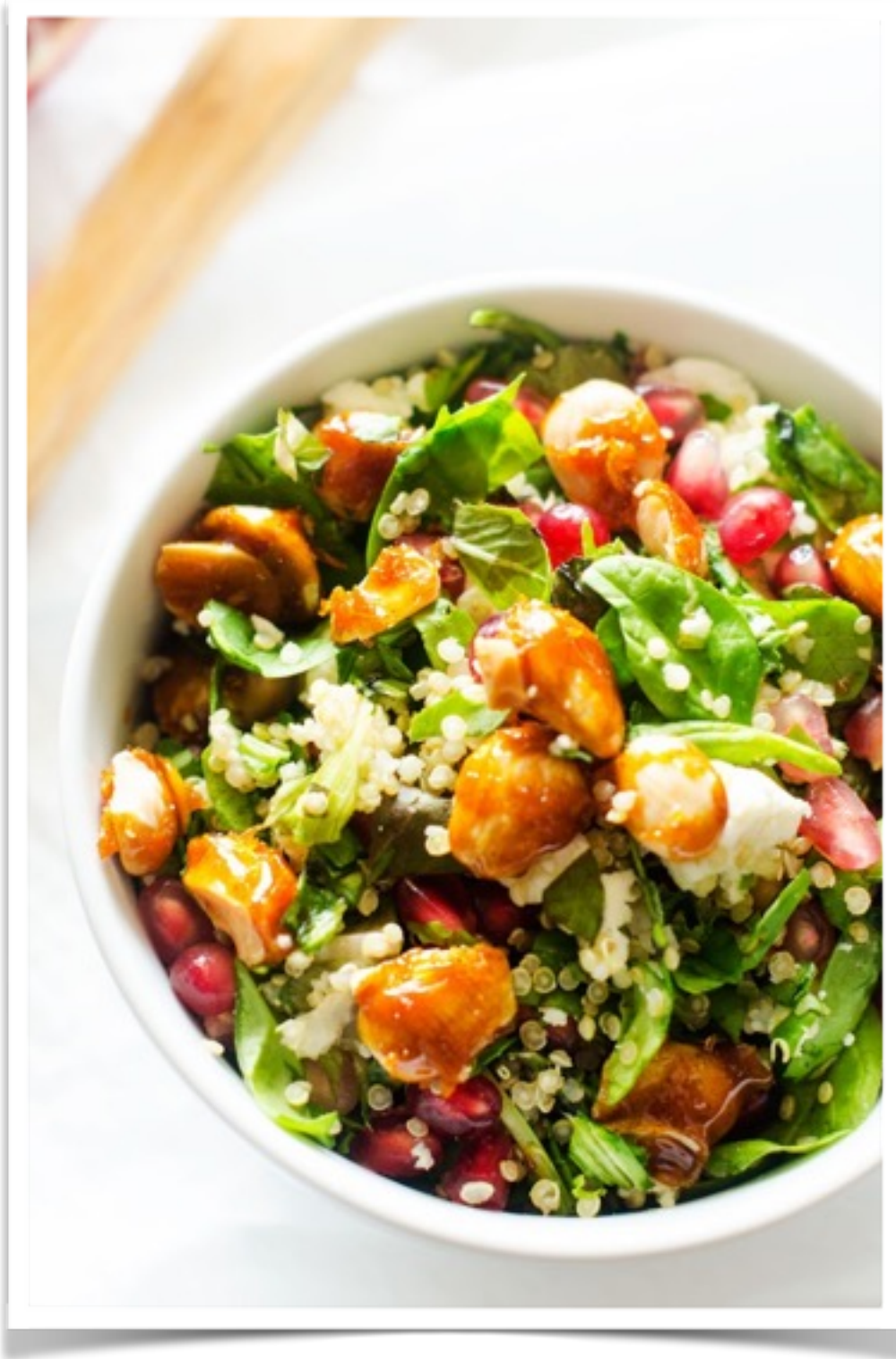
Instructions

In a medium bowl combine quinoa, zucchini and cherry tomatoes. In a glass jar or blender combine lemon juice, olive oil, crushed pepper flakes dill or dill oil, salt and pepper. Process or shake until emulsified.

Toss salad with desired amount of dressing. Top with feta and serve.

Notes

Servings 4, Calories 296, Fat 20.3g, Carbohydrates 22g, Protein 9.2g, Cholesterol 25mg, Sodium 691mg, Potassium 483mg, Fiber 3.5g, Sugars 5.0g



Pomegranate Quinoa Salad with Candied Almonds

Pomegranate Quinoa Salad with Candied Almonds

Ingredients

Almonds

- ¼ cup Sugar In The Raw Organic White®
- 2 tablespoons water
- ½ cup Marcona Almonds
- Pomegranate Vinaigrette
- ¼ cup pomegranate Vinegar
- ¼ cup balsamic Vinegar
- 1 tablespoon dijon mustard
- 1 tablespoon Sugar In The Raw Organic White®
- 2 cloves garlic, minced
- ½ teaspoon sea salt
- ¼ teaspoon fresh ground pepper
- ½ cup extra virgin olive oil

Salad

- 10 ounces mixed salad greens, chopped
- 2 cups cooked quinoa
- ½ cup pomegranate seeds
- 4 ounces goat cheese or nut cheese

Instructions

In a small sauce pan, combine Sugar In The Raw Organic White® and water. Bring to a boil over medium high and cook for 3 to 5 minutes, until lightly golden. Use a wet pastry brush to brush down the Sugar In The Raw Organic White® crystals that accumulate on the side of the pan. Remove from heat and stir in almonds. Transfer to prepared baking sheet and allow to cool. Use a knife and coarsely chop.

Make dressing by combining vinegars, mustard, Sugar In The Raw Organic White®, garlic, salt and pepper in a blender. Process until smooth. Add olive oil in a steady stream. Process until emulsified.

Quinoa Creations

In a large bowl combine chopped salad greens and quinoa. Stir in pomegranate seeds and goat cheese. Toss with desired amount of dressing. Top with almonds and serve.

Notes

Servings 8, Calories 338, Fat 24.2g, Carbohydrates 24.8g, Protein 8.5g, Cholesterol 15mg, Sodium 226mg, Potassium 210mg, Fiber 2.0g, Sugars 12.3g

Quinoa Creations



Chipotle Quinoa & Bean Stuffed Sweet Potatoes with Creamy Lime Sauce

Quinoa Creations

Chipotle Quinoa & Bean Stuffed Sweet Potatoes with Creamy Lime Sauce

Ingredients

4 medium sweet potatoes
2 tablespoons olive oil
6 cloves garlic, minced
2 chipotle chilies in adobo sauce, chopped
1½ cups cooked black beans, drained and rinsed (1 15 ounce can)
1½ cups cooked quinoa
½ cup vegetable broth
½ teaspoon sea salt
2 tablespoons lime juice
Creamy Lime Sauce:
½ cup Greek yogurt
2 cloves garlic, minced
1 teaspoon grated lime zest
2 tablespoons lime juice
½ teaspoon sea salt
¼ cup Parmesan cheese
Garnish: Cilantro

Instructions

Preheat oven to 400 degrees. Prick sweet potatoes with a fork. Place on a rimmed baking sheet and bake until tender, about one hour.

Meanwhile, heat oil in a saucepan over medium heat. Add garlic and cook for 30 seconds. Add chipotle chiles, beans, quinoa, vegetable broth and salt and cook for 10 minutes. Stir in lime juice.

Make Creamy Lime Sauce by combining yogurt, garlic, lime zest, lime juice and sea salt in a small bowl.

Quinoa Creations

Split potatoes and remove flesh, leaving ½ inch in tact. Mash in a medium bowl and stir in quinoa mixture. Sprinkle with cheese and return to oven until melted, about 5 minutes. Top with Lime Sauce and cilantro and serve warm.

Notes

Servings 8, Calories 239, Fat 6.2g, Carbohydrates 36.8g, Protein 10.1g, Cholesterol 6mg, Sodium 419mg, Potassium 942mg, Fiber 7.1g, Sugars 1.8g

Quinoa Creations



Buffalo Chicken Quinoa Wraps

Quinoa Creations

Buffalo Chicken Quinoa Wraps

Ingredients

1 lb boneless chicken breast (you could also use Beyond Meat or tempeh)
½ teaspoon sea salt
¼ teaspoon fresh ground black pepper
Olive oil spray
1 cup cooked quinoa
¼ cup Buffalo hot sauce
½ cup diced celery
½ cup diced carrot
¼ cup diced red onion
2 tablespoons apple cider vinegar
¼ cup crumbled blue cheese
2 tablespoons Greek Yogurt or homemade mayo
6 Udi's Gluten Free Wraps

Instructions

Place a large skillet over medium heat. Sprinkle chicken with salt and pepper. Add oil spray to the pan and cook chicken until golden brown and cook through, about 5 to 10 minutes per side. (Cooking time will vary according to thickness.) Remove from heat and allow to cool for 5 minutes. Dice.

Transfer chicken to a large bowl and add quinoa. Toss with hot sauce.

In a small bowl combine celery, carrots and red onions. Add vinegar.

Wipe skillet clean and spray with olive oil. Heat wraps until golden brown.

Spread Yogurt or mayo on wraps and top with chicken and quinoa, vegetables and blue cheese. Drizzle with additional hot sauce if desired.

Notes

Servings 6, Calories 321, Fat 12g, Carbohydrates 28.1g, Protein 28.1g, Cholesterol 93mg, Sodium 696mg, Potassium 322mg, Fiber 2.1g, Sugars 4g

Quinoa Creations



Turmeric Chicken & Quinoa

Quinoa Creations

Turmeric Chicken & Quinoa

Ingredients

2 pounds boneless skinless chicken (or tempeh)
1 teaspoon salt
½ teaspoon fresh ground black pepper
1 tablespoon extra virgin olive oil
1 teaspoon ground turmeric
1 onion, chopped
1 tablespoon grated chopped peeled fresh ginger
4 cloves garlic, minced
2 plum tomatoes, chopped
1½ teaspoon curry powder
½ teaspoon ground cumin
2 cups quinoa, rinsed
2 bay leaves
1½ tablespoons Asian fish sauce
2¾ cups chicken broth or vegetable broth

Instructions

Season the chicken with salt and pepper. In a large Dutch Oven, heat the olive oil to medium and add turmeric. Stir and add chicken. Cook until browned on both sides. Transfer to a plate. Allow to cool and then shred.

Add the onion and ginger and cook for 8 minutes. Add garlic, tomatoes, curry powder, cumin and quinoa. Cook, stir constantly for 3 minutes. Return the chicken to the pot. Add bay leaves, fish sauce and chicken broth. Bring to a simmer. Cover and cook over low heat for 25 minutes. Remove from heat and let stand covered for 5 minutes.

Notes

Quinoa Creations

Servings 8, Calories 414, Fat 13.2g, Carbohydrates 29.9g, Protein 41.8g, Cholesterol 101mg, Sodium 938mg, Potassium 673mg, Fiber 3.7g, Sugars 2.1g

Quinoa Creations



Strawberry Quinoa Crisps

Quinoa Creations

Strawberry Quinoa Crisps

Ingredients

- ½ cup quinoa flakes, divided
- ¼ cup unsweetened shredded coconut
- ½ cup finely chopped almonds
- ¼ cup coconut palm sugar, divided
- 1 teaspoon ground cinnamon
- 2 tablespoons coconut oil, melted
- 2 tablespoons maple syrup
- 4 cups strawberries, stemmed and quartered
- 1 tablespoon lemon juice
- 1 tablespoon arrowroot powder (or organic cornstarch)

Instructions

Preheat oven to 350 degrees.

Place ¼ cup quinoa flakes in a food processor and process until powdered. Transfer to bowl and toss with remaining quinoa flakes, coconut, almonds, 2 tablespoons sugar and cinnamon. Drizzle with coconut oil and syrup and mix until the texture becomes crumbly.

In a large bowl combine strawberries, remaining sugar, lemon juice and arrowroot powder. Toss until well combined.

Divide strawberry mixture into six individual ramekins. Top with quinoa mixture and bake for 20 minutes.

Notes

Servings 6, Calories 235, Fat 11.7g, Carbohydrates 29.9g, Protein 3.8g, Cholesterol 0mg, Sodium 3mg, Fiber 3.8g, Sugars 18.4g, WW Pts 6

Quinoa Creations



Coconut Cream Quinoa Tartlets

Coconut Cream Quinoa Tartlets

Ingredients

Crust

- 1 ¼ cups quinoa flakes
- ⅓ cup quinoa flour
- ⅓ cup unsalted almonds
- 2 tablespoons maple syrup
- ⅓ cup melted coconut oil
- 1 tablespoon vodka or water

Filling

- 1 cup canned coconut milk
- 1 cup almond milk
- ½ cup coconut palm sugar
- ¼ cup quinoa flour
- 1 teaspoon coconut extract
- 1 teaspoon vanilla extract

Instructions

Preheat oven to 350 degrees.

Make the crust by placing quinoa flakes, quinoa flour, and almonds in the bowl of a food processor and process for 2 to 3 minutes. Add maple syrup and oil pulse until mixture comes together and becomes crumbly. Add vodka or water and pulse again. Turn mixture into tartlet pans and press into the bottom and sides of the pan. Bake for 10 minutes. Remove from the oven and allow to cool.

Meanwhile, combine coconut milk, milk, palm sugar, quinoa flour and extracts in a medium saucepan. Bring to a boil, whisking constantly. Allow to boil for one minute, then remove from heat and allow to stand for 5 minutes. Transfer into pie shell and refrigerate until set, at least 2 hours.

Quinoa Creations

Notes

Servings 8, Calories 353, Fat 20.3g, Carbohydrates 38.1g, Protein 5.8g, Cholesterol 2mg, Sodium 47mg, Fiber 2.9g, Sugars 17.4g, WW Pts 10



Flourless Chocolate Chip Quinoa Cookies

Flourless Chocolate Chip Quinoa Cookies

Ingredients

- 2 flax eggs (2 tablespoons flax seed meal combined with 6 tablespoons warm water)
- 1 cup blanched almonds
- 1 cup quinoa flakes
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup almond butter (peanut or sunflower seed butter would work too)
- $\frac{1}{4}$ cup applesauce
- $\frac{1}{4}$ cup maple syrup (or other liquid sweetener)
- 1 teaspoon vanilla extract
- $\frac{3}{4}$ cup chocolate chips

Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Make flax eggs by combining two tablespoons organic flax seed meal (or ground flax seeds) with 6 tablespoons warm water. Set aside to thicken.

In a food processor combine almonds and quinoa flakes and process until ground. Place in a large bowl and add baking soda and salt and stir until well combined. In a separate bowl, combine flax egg, almond butter, apple sauce, maple syrup and vanilla. Mix well and add to the quinoa and almond mixture slowly. Add in chocolate chips.

Using a tablespoon measure, drop cookies onto prepared parchment paper. Bake for 12 to 15 minutes, until lightly golden brown. Remove from oven and allow to sit in the pan for 5 minutes. Move to a cooling rack and allow to cool completely.

Notes

Quinoa Creations

114 Calories, 10.7 g carbohydrates, 2.7g protein, 7.1 g Fat, 1.6 g Saturated Fat, 1 mg Cholesterol, 117 mg Sodium, 1.3 g Fiber, 5.3 g Sugars, 3 Weight Watchers Points Plus, 3 Old Points

Note: If you do use sunflower butter, the cookies may turn green after cooling due to the chlorogenic acid. The solution is to reduce the baking soda in half.

Quinoa Creations



Crispy Quinoa Cashew Chocolate Clusters

Crispy Quinoa Cashew Chocolate Clusters

Ingredients

1 tablespoons coconut oil
½ cup quinoa, rinsed
½ cup salted cashews, chopped
1 teaspoon sea salt
⅛ teaspoon cayenne pepper (optional)
3½ ounces Dark Chocolate

Instructions

Line a baking sheet with parchment paper and set aside.

Heat a skillet to medium heat. Add coconut oil and allow to melt. Add quinoa and cook, stirring often, for about 5 to 8 minute, until the seeds are golden brown. They should expand slightly and a few seeds will start popping out of your pan. (But nothing like pop corn. The change will be to their texture.) Transfer to a medium bowl and add in cashews, sea salt and cayenne pepper.

Place the chocolate in the top of a double broiler. (You can also use a metal bowl over a pot of boiling water) Heat until melted, stirring often to prevent burning. Be careful not to get any water into the chocolate!

When the chocolate is melted, add it to quinoa and cashew mixture and stir well until combined. Drop by spoonfuls into prepared parchment paper. Place in the refrigerator for 15-20 minutes, until hardened.

Notes

Servings 8, Calories 169, Fat 10g, Carbohydrates 17g, Protein 3.8g, Cholesterol 3mg, Sodium 246mg, Potassium 154mg, Fiber 1.4g, Sugars 6.8g, WWPts 5

About the Author

Wendy Polisi began blogging in 2010 at CookingQuinoa.net, where she shared healthy creative recipes and celebrated all things quinoa. Her most recent project is bring all of her websites under one brand on WendyPolisi.com.

An avid cook from an early age, Wendy enjoys the challenge of creating dishes that are healthy without sacrificing flavor. She is the author of the bestselling *Quintessential Quinoa Cookbook and The Gluten Free Quintessential Quinoa Cookbook* as well as popular ebooks *QuinoaFit*, *Quinoa Strong*, *Quinoa Lean* and *The Holiday Quinoa Cookbook*. She has been featured in The Washington Post, HuffingtonPost.com, Go Gluten Free magazine and Sauce Magazine. Though she dedicates a great deal of time to all things food, her greatest accomplishment is being a (homeschooling) mom to three children, ages 11, 10 and 2 1/2. Wendy is an avid promoter of lifestyle design and her family has been enjoying a location independent lifestyle since 2008.

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I strive for perfection, but sometimes mistakes do slip in. If you find one (or more!) please email me at wendy@wendypolisi.com.