

Nutrition News You Can Use

April, 2011



Portion Distortion

Get Keen on Quinoa

For a diet rich in whole grain and variety, try adding quinoa to your menu.

Quinoa, pronounced keen-wah is a complete protein, supplying all of the essential amino acids and is a good source of fiber, folate, magnesium, iron, phosphorus, and many phytochemicals.



Quinoa can help with heart disease, diabetes, and cancer prevention. It has a mild, nutty flavor, a fluffy texture similar to couscous and it can be used in place of rice, pasta or other grains.

Editors

Melissa Maxim, RD

Valerie Shelton, RD

How do I Make Sure I Eat the Proper Portion Size?

Begin by taking a look at your dishes. Are they too big? Using smaller plates, bowls, and glasses can help you keep your portions under control.

You can also use your plate as a guide for a balanced meal. Use half of your plate for vegetables, a quarter for grains, and a quarter for lean meat or protein. To complete the meal, add fat-free milk or low-fat dairy and a serving of fruit.

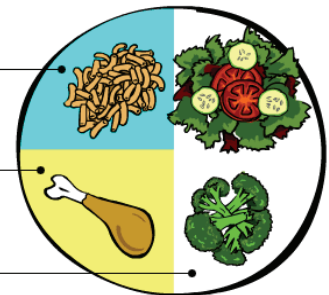
What is a Serving?

- 1 slice whole grain bread
- 1/2 c cooked oatmeal
- 1 fresh fruit
- 8 oz milk or yogurt
- 3 oz lean meat/protein

A quarter of your plate should be carbohydrates (like brown rice, whole-wheat pasta, sweet potatoes).

Another quarter should be protein (like lean meat, fish, poultry without skin, tofu).

Fill half your plate with vegetables (like broccoli, carrots, salad, cauliflower).



Quinoa and Black Beans

Ingredients:

- 1 tsp olive oil
- 1 onion, chopped
- 3 cloves garlic, peeled, chopped
- 3/4 c uncooked quinoa
- 1 1/2 c Reduced sodium veg broth
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1 c frozen corn kernels
- 2 (15 oz) cans black beans, drained
- 1/2 c chopped fresh cilantro

Directions:

Heat the oil in a saucepan over medium heat. Stir in the onion and garlic, sauté until brown.

Mix quinoa into the saucepan & cover with veg broth. Season with cumin, cayenne pepper, & black pepper. Bring to a boil. Cover, reduce heat, & simmer 20 minutes.

Stir frozen corn into the saucepan, and simmer about 5 minutes until heated thoroughly. Mix in black beans & cilantro.