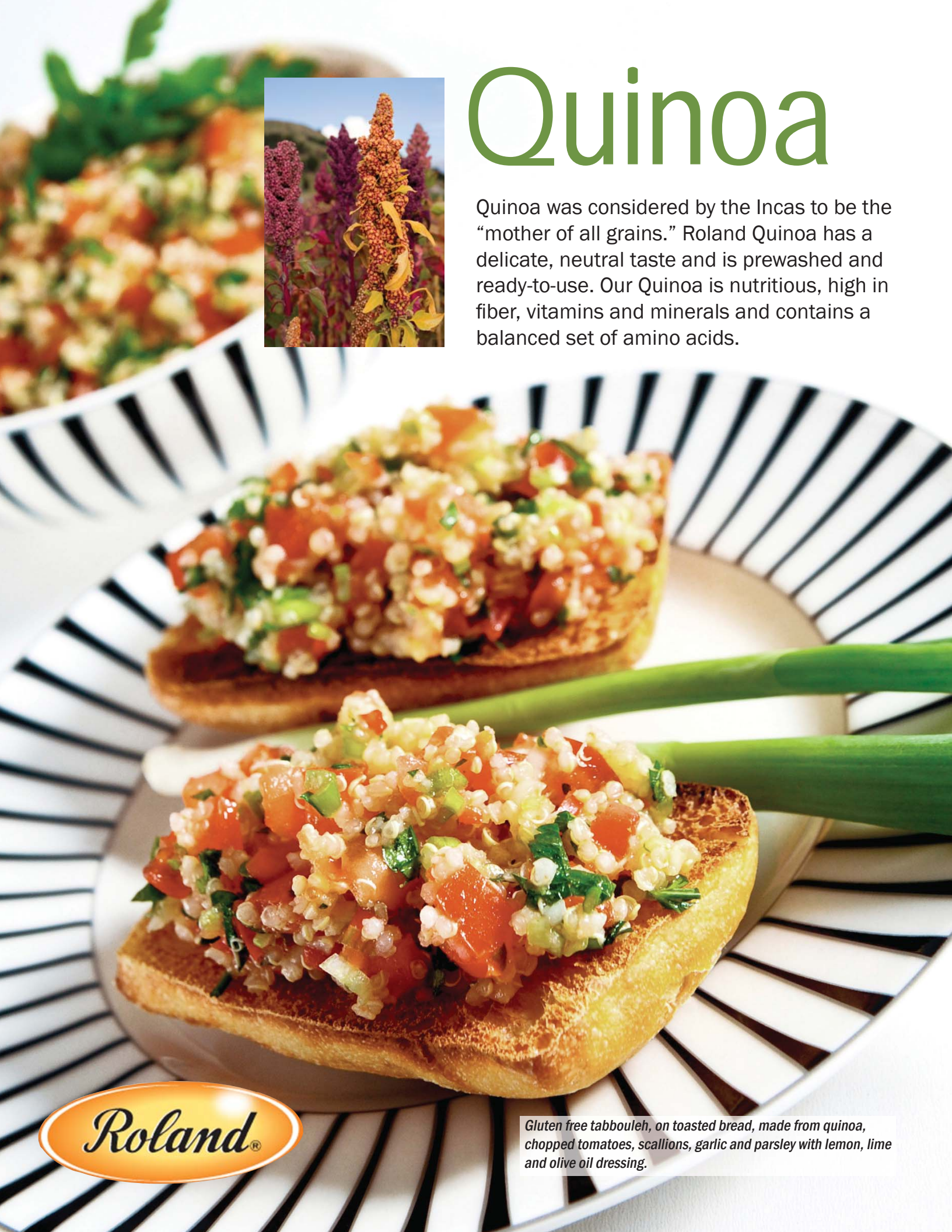


# Quinoa

Quinoa was considered by the Incas to be the “mother of all grains.” Roland Quinoa has a delicate, neutral taste and is prewashed and ready-to-use. Our Quinoa is nutritious, high in fiber, vitamins and minerals and contains a balanced set of amino acids.



*Gluten free tabbouleh, on toasted bread, made from quinoa, chopped tomatoes, scallions, garlic and parsley with lemon, lime and olive oil dressing.*



*Vegetarian Quinoa Stew served with carrots, onions, red pepper, celery, zucchini and coriander leaf.*



**Prewashed • Organic • Gluten Free**

**Natural Quinoa**  
972731.....1/25 lb

**Red Quinoa**  
50778.....12/12 oz

**Black Quinoa (special order)**  
50761.....12/12 oz

..... *Also Try This Recipe Idea!* .....

**Red Quinoa with Jicama, Red Pepper & Lime**

**Ingredients**

- 1 cup Roland® Red Quinoa
- 2 cups water 1/4 tsp salt
- 1/2 Jicama, medium size, cut in thin 1 inch slivers
- 3/4 Red Pepper, cut in thin 1 inch diagonal slivers
- 4 tbsp. Fresh cilantro, chopped
- 3 tbsp. Fresh Lime Juice
- 1 tbsp. Roland® extra virgin olive oil
- 2 tsp. Lime zest
- 1/2 tsp. Honey
- Pinch of cayenne pinch of cumin
- 1/4 tsp. Roland® Sea Salt & freshly ground black pepper

**Directions**

1. Place 2 cups of water in saucepan and bring to a boil. Add 1/4 tsp. salt.
2. Add Roland Red Quinoa and reduce to simmer. Cover saucepan.
3. Cook until all liquid is absorbed, about 15 minutes.
4. Remove from heat and let stand for 20 minutes, covered. Fluff with fork.
5. In a medium-sized mixing bowl, combine jicama, red pepper and cilantro.
6. Make dressing of lime juice, olive oil, honey, pinch cayenne, pinch cumin, salt & pepper and lime zest.
7. Pour dressing over vegetables and let stand for a few minutes.
8. Mound quinoa on serving platter or individual plates.
9. Spoon vegetable mixture over quinoa, leaving a visible border of red quinoa around plate. Garnish with additional cilantro if desired.
10. Serve immediately, or allow to chill 2-3 hours (or overnight). Salad will become crisp and cool.