

Shopping List

Mexican Quinoa with Pepitas and Cilantro

<u>Ingredients</u>	<u>Weight or Volume</u>	<u>Department</u>	<u>PLU #</u>
Quinoa	1 Cup	BULK	_____
Raw pumpkin seeds	1/2 Cup	BULK	_____
Cilantro	1 Cup	PRODUCE	_____
Garlic	2 Cloves	PRODUCE	_____
Jalapeno chile	1/2	PRODUCE	_____
Ground cumin	1 Tsp	GROCERY	_____
Olive oil	2 Tbls	GROCERY	_____
Lime Juice	1 Tsp	PRODUCE	_____
Red bell pepper	1 small	PRODUCE	_____
Scallions	2	PRODUCE	_____

Honest Weight Food Co-op

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Mexican Quinoa w/ Pepitas and Cilantro

This recipe is from "The New Whole Grains Cookbook" by Robin Asbell.

Pumpkin seeds are rich in minerals and complement the already high-protein, high mineral quinoa.

1 1/2 Cups	Water
1 Cup	Quinoa
1/2 Cup	Raw pumpkin seeds
1 Cup	Cilantro leaves, washed and dried
2	Cloves garlic
1/2	Jalapeno chile
1/2 Tsp	Salt
1 Tsp	Ground cumin
2 Tbls	Olive Oil
1 Tsp	Lime juice
1	Small red bell pepper, chopped
2	Scallions, chopped

1. In a 2-quart pot with a tight fitting lid, bring the water to a boil. In a medium bowl, rinse the quinoa with warm water, pour off most of the water, and then drain in a fine-mesh strainer. When the water boils, add the quinoa and bring to a boil. Reduce the heat to the lowest setting, cover and simmer for 15 minutes. The water should all be absorbed and small holes should have formed on the surface of the grain. Let stand, covered, for 5 minutes, to finish steaming.

2. In a large sauté pan over high heat, dry-toast the pumpkin seeds. Shaking the pan, move the seeds over the heat until they begin to pop. Remove from the heat and put them in a food processor or blender. Add the cilantro, garlic, jalapeno, salt and cumin and process, scraping the sides down frequently, until all the ingredients are well minced. Gradually add the olive oil and lime juice, processing until smooth.

3. If serving immediately, stir the cilantro mix, bell pepper and scallions into the quinoa while still warm. Otherwise chill the quinoa and add the remaining ingredients when it is cool.

Mexican Quinoa and Cilantro

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1 Cup	Quinoa
1/2 Cup	Raw pumpkin seeds
1 Cup	Cilantro leaves, washed and dried
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1/2	Jalapeno chile
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1 Tsp	Ground cumin
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