



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Quinoa with Paprika and Cumin

Ingredients:

- 1 C quinoa
- ¼ tsp salt
- ½ tsp paprika
- ½ tsp ground cumin

Directions:

1. Rinse quinoa in a fine mesh colander.
2. Place all ingredients in a saucepan with 2 cups of water. Cover.
3. Bring to a boil over high heat.
4. Reduce heat. Simmer for 10–15 minutes or until all water is absorbed.
5. Serve immediately, or refrigerate to reheat later.

Serves 6

Nutrition: 107 calories, 2 g fat, 0 g saturated fat, 20 g carbohydrate, 2 g fiber, 4 g protein, 100 mg sodium

Source: National Heart, Lung, and Blood Institute



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