

The USDA recommends that you make half of the grains you eat whole grains. So what are some common whole grain ingredients? (LIST WITH GFX FOLLOWING) Brown Rice, Oatmeal, Rye, Buckwheat? (?????? ON GFX) and after that it gets pretty tough. Don't worry, now you can add Quinoa to your whole grain ingredient list.

Like all whole grains, quinoa is a great source of fiber and other nutrients. A cup of quinoa gives you 5 grams of fiber and 8 grams of protein without any saturated fat or Gluten.

Quinoa has a texture similar to cous cous and works great in stuffing, soups and even salads. It can fit in most recipes as a fill-in for rice. And novice cooks have NO reason to fear quinoa. If you know how to boil water, you have all the skills needed to cook quinoa.