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**Keep Up-to-Date this Spring!**

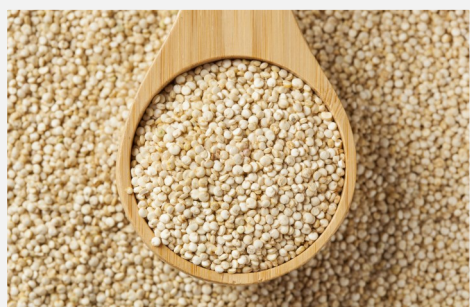
At JFCS we strive to be able to help support you and your family with resources available from the agency and around the community. A large part of being able to continue to provide you and connect you with these resources and others that might be useful to you is having your family's file organized and up-to-date!

Each spring we ask you to help us in our efforts to better serve you by providing us with several recent documents any questions do not hesitate to contact Alicia



This we're highlighting quinoa— shown here growing in Peru.

**Spotlight on Superfoods: Quinoa**



Quinoa (pronounced “**keen-wah**”) Facts:

- It is produced primarily in the Andes region of South America. Peru and Bolivia produce more than 95% of commercially grown quinoa.
- Because quinoa is typically consumed in the same way as the cereal grasses (wheat, oats, barley, and rye), it's often thought to be a grain. However, quinoa is not a cereal grass at all, but rather a member of the same food family that contains spinach, Swiss chard, and beets.
- Quinoa is a “Super-food” of high protein quality and is typically regarded as an adequate source of all essential amino acids. It provides a variety of antioxidant phytonutrients, anti-inflammatory compounds, vitamin E, manganese, phosphorus, copper, magnesium, dietary fiber, folate, and zinc.
- Quinoa is a perfect food to include on a gluten-free diet, since it not only lacks gluten but doesn't even belong to the same plant family as wheat, oats, barley, or rye. Some studies also show quinoa flour to have higher-than-expected digestibility.
- Quinoa has become popular in the Jewish community as a substitute for the [leavened grains](#) that are forbidden during the [Passover](#) holiday. In December 2013, the [Orthodox Union](#), the world's largest [kosher certification agency](#), announced it would begin certifying quinoa as kosher for Passover.

# What's Cooking in Gale's Kitchen?

Fresh, Healthy, Simple and Delicious Meals from Gale Cohen, RD, CDE

The ChooseMyPlate recommendations from the USDA focus on increasing whole grains and protein from varied sources. This month Gale's recipe highlights a *quinoa*, which is a good source of fiber *and* protein.

## Quinoa Pilaf (serves 4-6 as a side dish)

Light and fluffy quinoa combined with the strong flavors of sundried tomatoes and crunchy peppers makes this dish a real delight!

### Ingredients:

- 2 Tbsp olive oil
- 1 shallot, chopped
- ½ cup sun-dried tomatoes, cut into thin strips or diced
- 1 bell pepper (any color you'd like), cut into ½ inch dice
- ¼ tsp salt
- 1 cup quinoa, rinsed (use mesh strainer)
- 1 ¼ cups reduced-sodium chicken broth
- 2 cups baby spinach, chopped

### Instructions:

- In a medium saucepan, heat the oil over medium heat. Add the shallot, tomatoes, pepper and cook, stirring often, until slightly softened, about 4-5 minutes.
- Add salt and quinoa; stir to coat the quinoa in the oil.
- Add broth, stir and bring to a simmer.
- Reduce heat to low, cover the pan and cook until quinoa is tender and the liquid is absorbed, about 20 minutes.
- Stir in the spinach to wilt and serve hot or at room temperature.

