

## QUINOA CORN SOUP

Serves 8 | Prep 5 minutes | Cooks in 20 minutes

- 1 Tablespoon EDEN Safflower Oil
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 6 cups water, or vegetable broth
- 1 medium carrot, diced
- ½ cup any EDEN Quinoa, washed and drained
- 3 cups organic sweet corn, fresh or frozen
- 1 15oz. can EDEN Pinto Beans, do not drain
- ¼ teaspoon cayenne pepper
- 1 teaspoon EDEN Sea Salt, or to taste
- ¼ cup red bell pepper, diced
- ¼ cup yellow pepper, diced
- ½ cup fresh parsley, coarsely chopped
- 1 Tablespoon lime juice, freshly squeezed



In a large soup pot, heat the oil. Sauté the garlic and cumin for 1 minute, stirring frequently. Add the water and/or stock and bring to a boil. Add the carrot, quinoa, corn, beans, cayenne and sea salt. Cover and return to a boil. Lower the heat and simmer for 10 minutes. Add the peppers and continue to simmer for 10 minutes. Just before serving, stir in the parsley and enough lime juice to make the flavors pop.

Per serving 162 Calories, 4g Fat (19% calories from fat), 6g Protein, 28g Carbohydrate, 7g Fiber, 0mg Cholesterol, 259mg Sodium

## SCARLET QUINOA

Serves 6 | Prep 10 minutes | Cooks in 15 minutes

- 1 cup EDEN Red Quinoa, washed and drained
- 1½ cups water or soup stock
- ⅓ cup diced beets
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 1 Tablespoon EDEN Ume Plum Vinegar, or to taste
- 1 Tablespoon freshly squeezed lemon juice
- ½ teaspoon freshly grated lemon zest (rind)
- 6 whole red radishes, sliced into half-moons
- 2 Tablespoons minced red onion
- ¼ cup chopped scallions or chives
- 1 4oz. package EDEN Cranberries

Cook quinoa together with the beets in water for 12 minutes. When done, cool, toss with all remaining ingredients and serve.

Per serving 186 Calories, 6g Fat (30% calories from fat), 4g Protein, 29g Carbohydrate, 4g Fiber, 0mg Cholesterol, 317mg Sodium



## QUINOA FLOUR

Yield 1 cup flour | Prep 5 minutes | Total Time 5 minutes

¼ cup EDEN Quinoa

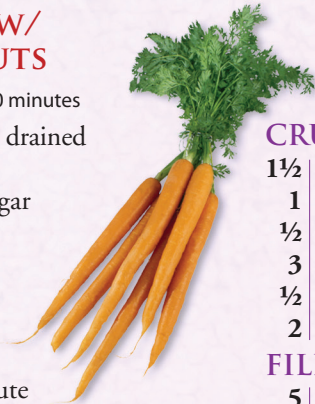
Place quinoa in a blender and pulse 3 to 5 minutes until it becomes finely ground flour. Use in making desserts and baked goods, or for waffles and pancakes. Store in the refrigerator or freezer until ready to use.



## MINTED QUINOA W/ CRUNCHY PINE NUTS

Serves 6 | Prep 10 minutes | Cooks in 20 minutes

- 1 cup any EDEN Quinoa, washed and drained
- 1¼ cups water
- 1 Tablespoon EDEN Ume Plum Vinegar
- ½ cup pine nuts, lightly pan toasted
- ⅓ cup scallions, finely chopped
- ¼ cup fresh mint leaves, chopped fine
- 1 cup cauliflower, small florets, blanched 2 minutes
- ¼ cup carrots, diced, blanched 1 minute
- 2 Tablespoons EDEN Extra Virgin Olive Oil



Place the quinoa and water in a sauce pan, cover and bring to a boil. Reduce flame and simmer 15 minutes. Remove, place in a bowl and toss to cool. Add all remaining ingredients, toss and serve.

Per serving 222 Calories, 12g Fat (48% calories from fat), 8g Protein, 22g Carbohydrate, 9g Fiber, 0mg Cholesterol, 316mg Sodium



## NECTARINE PIE W/ QUINOA WALNUT CRUST

Serves 8 | Prep 25 minutes | Cooks in 25 minutes

### CRUST

- 1½ cups EDEN Quinoa, washed and drained
- 1 cup walnuts
- ½ teaspoon EDEN Sea Salt
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- ½ cup Vanilla EDENSOY®
- 2 Tablespoons organic maple syrup



### FILLING

- 5 cups nectarine or peach slices, (about 7 whole)
- 1½ cups EDEN Apple Juice
- 1 pinch EDEN Sea Salt
- 3 Tablespoons EDEN Kuzu Root Starch, dissolved in ¼ cup cold water

Preheat the oven to 350°. Place the quinoa in a blender and grind until it becomes fine flour, about 5 minutes. Remove and place in a mixing bowl. Coarsely grind the walnuts in the blender and place in the bowl. Add sea salt, mix and add the oil, EDENSOY, and maple syrup. Mix thoroughly. Press the dough evenly into a 9" pie plate to form the crust. Pre-bake crust for 10 minutes.

While the crust is baking place the nectarines, juice, and salt in a medium saucepan and bring to a boil. Reduce the flame to low and slowly add the dissolved kuzu, stirring constantly to prevent lumping. When thick, about 1 minute, pour the filling into the pre-baked crust. Bake another 10 minutes until the crust is golden brown. Remove and cool before slicing. Per serving 305 Calories; 11g Fat (30% calories from fat); 8g Protein; 47g Carbohydrate; 11g Fiber, 0mg Cholesterol; 153mg Sodium

## QUINOA BLUEBERRY WALNUT W/ GARBANZO SALAD

Serves 6 | Prep 45 minutes | Cooks in 15 minutes

- 1 cup any EDEN Quinoa, washed and drained
- 1½ cups water
- 1 pinch EDEN Sea Salt
- 1 4oz. package EDEN Dried Wild Blueberries
- 1 cup green peas, fresh or frozen, blanched 2 minutes, rinsed and drained
- ⅓ cup walnuts, lightly dry pan roasted and coarsely chopped
- 1 cup EDEN Garbanzo Beans, drained and rinsed
- ⅓ cup red onion, finely chopped
- 2 Tablespoons fresh chives, finely chopped
- 1 clove garlic, minced
- 3 Tablespoons EDEN Brown Rice Vinegar
- 1 Tablespoon EDEN Ume Plum Vinegar
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- ¼ teaspoon black pepper, or to taste
- 2 heads Boston lettuce, for serving

Place quinoa, water, and sea salt in a medium pot cover and bring to a boil. Reduce the flame to medium-low and simmer for 15 minutes or until all water is absorbed. While the quinoa is cooking prepare the dressing by mixing together the vinegars, olive oil and pepper in a small bowl and set aside. When the quinoa is done, place in a mixing bowl, and fluff with a fork to cool. When room temperature, add all remaining ingredients and pour the dressing over. Gently toss to mix. Refrigerate for 30 minutes before serving. Serve over a bed of lettuce leaves.

Per serving 303 Calories, 9g Fat (27% calories from fat), 9g Protein, 46g Carbohydrate, 12g Fiber, 0mg Cholesterol, 342mg Sodium

# EDEN ORGANIC QUINOA WHOLE GRAIN



Quinoa Cranberry Walnut w/ Garbanzo Salad





## ORGANIC EDEN® RED QUINOA

... is a rare, ancient *pasankalla* variety of *Chenopodium quinoa* organically grown on Bolivia's Andean Plateau at over 12,500 feet. This remarkable region has arid climate and rich soil yielding exceptional quinoa.

The delicately rich flavor of red quinoa is sweeter than white quinoa and it is small plot, family grown by native peoples. This crop supports native culture.

Over 7,000 years ago the Inca called quinoa the 'Mother Grain'. As staple food and a cultural centerpiece it provided lysine and threonine amino acids that are rare in other cereal grains. Quinoa has the most complete amino acid profile of all the grains and is today referred to as the 'rice of the new millennium'. Quinoa is gluten free.

EDEN Red Quinoa is an excellent source of fiber with 20% daily value, a rich source of magnesium and folate, and a good source of protein, iron, thiamin B1, vitamin B6, and riboflavin B2.

Native peoples preserve the region's ecology and culture by growing this ancient quinoa organically. They reject chemicals, modern hybrids, and genetically engineering seed, choosing traditional methods.



Red Quinoa is planted in September and takes about seven months to mature. Hand harvested in April it is thrashed to remove husks and then rubbed to remove its bitter saponin coating. A double washing with pure filtered mountain spring water further cleans and removes water soluble saponins. Washed quinoa is solar air dried, bagged, and shipped to Eden Foods in Michigan where it's packed in protective, resealable, standing pouches of 16 ounces.

Quinoa is a perfect alternative to rice and any whole grain. It's the fastest cooking whole grain, light and fluffy in less than 15 minutes. It is an excellent entrée and a superb complement to beans, vegetables, soups, stews, and salads. Red quinoa adds bright color and pizzazz to desserts and puddings. Quinoa also makes excellent flour. It needs to be fresh because its shelf life as flour is short. A home grinder or blender makes it easy to have this versatile and pleasing addition to all kinds of baked goods. EDEN Quinoa satisfies and nurtures far better than modern, low-altitude, hybrid varieties.



## ORGANIC EDEN WHITE QUINOA

*Chenopodium quinoa* Willd is grown on small plots at about 12,000 feet in the Andes Mountains.

Eden has worked with these families since the early 80's helping them convert their land, growing methods, and cleaning facility to Eden standards of organic food production. The ideal environment, seed variety, water, and tending methods produce rich nutrition, fluffy texture, and a sweet nutty flavor.

Quinoa is gluten free and has the best amino acid profile of any grain including lysine and threonine. Rich in magnesium and a good source of healthy fiber, protein, iron, thiamin B1, vitamin B6, and folate B9. The World Health Organization (WHO) holds that it has the ideal protein balance for human nutrition with its protein being at least equal to that of cow milk. We are certain it is far better than that for humans.



Quinoa is as versatile as rice and cooks in just 12 minutes. Each round grain is bound with a narrow germ. When cooked the wispy germ separates from the seed and its delicate, almost crunchy curlicue makes delicious contrast to the soft grain. Quinoa's saponin coating must be removed before it's ready to cook. EDEN Quinoa is mechanically de-saponized and pure mountain spring water washed. These superior methods are best used for preserving quinoa's wonderful flavor and nutrients.

Soothing and satisfying, gaining popularity world wide, quinoa is 100% Heart Healthy\* Whole Grain. Use EDEN Quinoa as you would rice, as the base of salads, as a side dish, snack, or breakfast cereal, and in soup, stuffing, desserts, stew, chili and baked goods. Visit [edenfoods.com](http://edenfoods.com) for further information and many more free recipes.

\* A diet rich in whole grain and other plant foods, and low in saturated fats and cholesterol, may reduce the risk of heart disease and certain cancers.



## QUINOA      RED QUINOA

Nutrition Facts		Nutrition Facts	
Serving Size	1/4 cup (45g)	Serving Size	1/4 cup (45g)
Servings Per Container	10	Servings Per Container	10
Amount Per Serving		Amount Per Serving	
Calories 170	Calories from Fat 25	Calories 170	Calories from Fat 20
% Daily Value*		% Daily Value*	
Total Fat 2.5g	4%	Total Fat 2g	3%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 0mg	0%	Sodium 5mg	0%
Potassium 200mg	6%	Potassium 220mg	6%
Total Carbohydrate 31g	10%	Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%	Dietary Fiber 5g	20%
Sugars 1g		Sugars 2g	
Protein 5g	10%	Protein 6g	12%
Vitamin A 0%	• Vitamin C 0%	Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%	Calcium 0%	• Iron 10%
Vitamin E 4%	• Thiamin B1 10%	Vitamin E 6%	• Thiamin B1 10%
Riboflavin B2 8%	• Vitamin B6 10%	Riboflavin B2 15%	• Vitamin B6 10%
Folate B9 15%	• Phosphorus 10%	Folate B9 25%	• Phosphorus 10%
Magnesium 20%	• Zinc 8%	Magnesium 20%	• Zinc 8%
* % Daily Values are based on a 2,000 calorie diet.		* % Daily Values are based on a 2,000 calorie diet.	

Amino Acid Profile per serving		Amino Acid Profile per serving	
Aspartic Acid	415mg	Aspartic Acid	450mg
Threonine	189mg	Threonine	193mg
Serine	199mg	Serine	227mg
Glutamic Acid	666mg	Glutamic Acid	810mg
Proline	183mg	Proline	199mg
Glycine	266mg	Glycine	277mg
Alanine	219mg	Alanine	230mg
Cystine	70mg	Cystine	71mg
Valine	226mg	Valine	239mg
Methionine	100mg	Methionine	93mg
Isoleucine	195mg	Isoleucine	209mg
Leucine	328mg	Leucine	352mg
Tyrosine	167mg	Tyrosine	153mg
Phenylalanine	201mg	Phenylalanine	225mg
Histidine	115mg	Histidine	156mg
Lysine	297mg	Lysine	286mg
Arginine	417mg	Arginine	464mg
Tryptophan	66mg	Tryptophan	48mg

**QUINOA** (keen'-wah)  
originated in the Andes and was the staple of the Inca, Maya, and most native Americans for centuries. In Quechua and Aymara languages, Quinoa means 'Mother Grain.'

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