



QUINOA A LA “FINA”

RECIPE AND INGREDIENT FACTS SHEET

What is Quinoa?

- Quinoa is a gluten-free seed that cooks like a grain and is often used as a nutritious alternative to rice or pasta.
- Naturally high in protein, fiber, and essential vitamins and minerals, quinoa is a versatile ingredient that supports a balanced diet.

Health Benefits of Quinoa

- **Complete Plant Protein** – with all nine essential amino acids
- **Rich in Vitamins and Minerals** – iron, magnesium, zinc, B vitamins
- **Gluten-free** – safe for celiac diets



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Recipe (serves 6)

Ingredients

- ½ red bell pepper
- ½ yellow pepper
- ½ green pepper
- ½ orange pepper
- 1 small carrot or ½ medium
- 1 red onion

- 1 garlic clove
- 11 oz. canned plain or Mexican-style corn
- 2 heads green onions (scallions)
- 2 ½ cups quinoa
- pinch of salt

Instructions

1. Wash and drain quinoa (soak briefly if desired).
2. Finely chop red onion, peppers, carrots, and green onions. Drain the corn.
3. Heat three cups of water in a pot.
4. In a separate pot over medium heat, sauté garlic, olive oil, and ¼ of the red onion until caramelized.
5. Add quinoa and salt; stir for a few minutes.
6. Add drained can of corn; stir while water boils.
7. Pour in 3 cups of boiling water, cover, and reduce heat. Simmer until water is absorbed and quinoa is cooked.
8. Once quinoa is done cooking, move into a mountain in the center of the pot, top with remaining vegetables, cover, and let steam until vegetables are tender.
9. Serve and enjoy!



Cooking video!



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Health Benefits of Colored Bell Peppers

Bell peppers are vibrant vegetables enjoyed raw, roasted, or sautéed, and their nutrients provide several health benefits:

- **Vitamin C** – boosts immune function, supports collagen production, and aids wound healing.
- **Vitamin A (beta-carotene)** – promotes healthy vision and supports skin and immune health.
- **Fiber** – supports digestion, helps maintain fullness, and aids blood sugar control.
- **Antioxidants (carotenoids & flavonoids)** – protect cells from oxidative stress and inflammation.
- **Low in calories, high in hydration** – nutrient-dense and supportive of healthy weight management.

Together, bell peppers deliver a colorful source of antioxidants, vitamins, and fiber that support immunity, eye health, and overall wellness.

Health Benefits of Carrots, Onions, and Corn

Carrots, onions, and corn are versatile vegetables found in many dishes, and together they provide several health benefits:

- **Vitamin A (from carrots)** – supports eye health, immune function, and skin integrity.
- **Vitamin C (from onions and corn)** – boosts immunity, promotes healing, and enhances iron absorption.
- **Fiber** – aids digestion, helps regulate blood sugar, and promotes satiety.
- **Phytochemicals (carotenoids, quercetin, lutein, zeaxanthin)** – act as antioxidants that reduce inflammation and protect against cell damage.
- **B vitamins (especially folate in corn)** – support energy metabolism and red blood cell formation.

Together, carrots, onions, and corn deliver a nutrient-rich blend of antioxidants, fiber, and essential vitamins that support vision, immunity, digestion, and overall health.

Quinoa Cooking Guide

	Amount uncooked	Liquid needed	Cooking time	Yield
Quinoa (rinsed)	1 cup	2 cups	about 35 minutes	3 cups

1. Bring water or broth to a simmer. Then stir in quinoa.
2. Reduce the heat to low, cover and let it cook for 15 minutes.
3. Take the pot off the heat and let it sit (covered) for an additional 20 minutes. The cooked quinoa will continue to release steam during this time.
4. Fluff with a fork and enjoy!