

Get to know Quinoa and Bulgur

Quinoa (pronounced keen-wa)

This grain (*it's actually a seed*) offers a very neutral flavored cooked "grain" that works with pretty much any flavor combination.

- **Preparation of this wonder-food is so simple:**
Combine 1 C. quinoa and 2 C. water in a small saucepan.
- Bring to a boil.
- Cover and turn off heat.
- The grain is ready to eat in 20 minutes.

Quinoa is considered an ancient grain as it originated as a food source over 5,000 years ago in the Andes mountains of South America.

Quinoa is technically not a grain but a seed. (I still call it a grain.)

It is often listed as a superfood as it beats brown rice and yellow corn for fiber content.

By dry weight, quinoa provides 16% protein. This is the highest protein content of the grains.

This grain is also considered a complete protein source as it provides all 9 essential amino acids.

For those who worry about gluten, it's gluten free.

It's readily available at most supermarkets.

Bulgur

This whole grain is a staple of the Middle Eastern diet. The grain variation appears to have originated over 5,000 years ago in China.

It's made from parboiled cracked wheat or groats from several different wheat species.

Like quinoa, bulgur is super easy to cook:

- Combine 1 C. bulgur and 2 C. water in a small saucepan.
- Bring to a boil.
- Cover and turn off heat.
- The grain is ready to eat in 20 minutes.

As a whole grain, bulgur is high in fiber, rich in nutrients and cholesterol free.

It's a good food for weight loss, heart health and blood sugar control.

The neutral yet slightly nutty flavor of this grain makes it a great companion for any flavor combination.