



Healthy Grains
Culinary Class with Chef Lisa Fidler
April 2, 2014

Asian Wild Rice & Quinoa Salad

1/2 cup cooked Rice
1/2 Cup Cooked Quinoa
1/8 cup diced Cucumber
1/8 Cup Diced Avocado
1/8 Cup Diced Mango
2 Tablespoons Scallions (thin slice the whites, larger slice greens) sesame seeds
¼ Cup Ginger Dressing(below)

Toss all ingredients in a bowl. Place on a platter or in bowls and sprinkle with black & white sesame seeds. This is a lovely lunch with a bit of Tuna or some Sweet Chili Shrimp.

Ginger Dressing

1-1/2 cloves garlic, minced
1 tablespoon minced fresh ginger root
¼ Cup Olive Oil
2 Tablespoons Sesame Oil
3 tablespoons Mirin
1/4 cup Soy Sauce
1 tablespoon honey
2 tablespoons water
Pepper to taste

In a 1 pint glass jar or larger, combine the garlic, ginger, olive oil, rice vinegar, soy sauce, honey, and water. Cover the jar with a tight fitting lid, and shake well. Remove lid, and heat jar in the microwave for 1 minute just to dissolve the honey. Let cool, and shake well before serving.

Store covered in the refrigerator.

OR

Blend it all in your blender!

Health Benefits Quinoa

Although referred to as a grain, it is actually a seed from a vegetable related to Swiss chard, spinach and beets. Quinoa is pronounced keen-wa not kwin-o-a.

8 Health Benefits of Quinoa:

1. High quality protein with the nine essential amino acids, the protein balance is similar to milk. At 16.2 to 20 percent protein, it has is more protein than rice (7.5 percent), millet (9.9 percent) or wheat (14 percent).
2. Great source of riboflavin. Riboflavin has been shown to help reduce the frequency of attacks in migraine sufferers by improving the energy metabolism within the brain and muscle cells.
3. Inca warriors had more stamina and quicker recovery time by eating these quinoa seeds, making it a truly ancient powerfood.
4. Antiseptic. The saponins from quinoa are used to promote healing of skin injuries in South America.
5. Not fattening! Only 172 calories per 1/4 cup dry (24 of the calories from protein and only 12 from sugars, the rest are complex carbohydrates, fiber and healthy fats).
6. Gluten-free. Since it is not not related to wheat, or even a grain, it is gluten-free.
7. Alkaline-forming. Although it is not strongly alkaline-forming, it is comparable to wild rice, amaranth, and sprouted grains.
8. Smart Carb: It is a complex carbohydrate with a low glycemic index, so it won't spike your blood sugar.

Health Benefits of Wild Rice

Wild rice is a gluten free food.

It does not contain sodium: good news for your blood pressure and your heart.

It does take about an hour to cook, but rewards you with a lovely nutty flavor.

It contains twice as much protein as brown rice.

Wild rice can be eaten by diabetics, since it is actually a grass, and the grains are not polished or refined. Of course, small quantities are recommended.

It is very rich in antioxidants—containing up to 30 times more than white rice! Which means regular consumption of wild rice protects you from disease and ageing.

Because of its high fiber content, wild rice keeps your digestion smooth and helps lower cholesterol.

Wild rice is a good source of essential minerals such as phosphorus, zinc and folate, which give you energy and nurture your bones.

Vitamins A, C and E are essential for overall health and immunity. Wild rice contains these vital vitamins.

A serving of wild rice is lower in calories than other rice varieties, so you can enjoy it without worrying about weight gain.