DID YOU KNOW?
Quinoa is a nutrient-rich grain, containing ANTIOXIDANTS, that reduce inflammation.

It contains nutrients involved in energy production, such as MAGNESIUM, IRON, THIAMIN, and RIBOFLAVIN.

White quinoa tends to cook up fluffier. Red and black have a crunchy and less sticky texture.

FUELING WITH QUINOA:
Quinoa is a plant-based "complete protein", containing all ESSENTIAL AMINO ACIDS

A 1/2 cup serving contains about 20 grams of carbohydrate and 4 grams of protein.

Due to its carbohydrate and protein content, quinoa is great for FUELING before exercise and aids in post-exercise RECOVERY!

AVOCADO AND RED QUINOA SALAD

INGREDIENTS:
1/3 cup red quinoa
2/3 cup water
1 cup cherry tomatoes
1/2 cup diced cucumber
1/4 cup diced red onion
2 tbsp lime juice
1/2 tsp ground cumin
2 cups spinach
1/2 avocado, sliced
salt and pepper

INSTRUCTIONS:
Rinse quinoa before cooking. Add water and quinoa to pot and bring to boil. Reduce to simmer and cover for 15-20 mins. Place in a bowl once tender and refrigerate. Once quinoa is cool, mix in onion, tomato, and cucumber. Season with lime juice, salt and pepper. Combine spinach and quinoa. Top with avocado slices.

References

Casey Bautista, Dr. Michelle Barrack CSULB Fieldwork Experiences in Sports Nutrition