

3 Easy Quinoa Flavour Variations



Here's a simple and versatile recipe to rediscover quinoa through three delicious variations. Perfect for adding variety to your meals, each version offers a unique combination of flavors, ideal as a side dish, in a [bowl](#), or in a [salad](#). An easy idea, approved by our nutritionists!

Each recipe makes about 1 cup of cooked quinoa.

Preparation 15 min

Cooking 15 min

Servings 2

Nutrition Facts (per serving)

Calories 120

Fat 2

Carbohydrates 21

Fibre 3

Protein 4

Sodium 250

Ingredients

Lemon and Chive

- 250 ml (1 cup) cooked quinoa

- 30 ml (2 tbsp) fresh chives, finely chopped
- Salt and pepper, to taste

Soy and Curry

- 250 ml (1 cup) cooked quinoa
- 15 ml (1 tbsp) light soy sauce*
- 2.5 ml (½ tsp) curry powder
- Pepper, to taste

Chili

- 250 ml (1 cup) cooked quinoa
- 2.5 ml (½ tsp) chili powder
- 1 ml (¼ tsp) garlic powder
- Salt and pepper, to taste

Preparation

1. In a medium saucepan, cook the quinoa in water or broth according to package instructions.
2. Depending on your desired flavor, combine the ingredients in a medium bowl with the cooked quinoa. Adjust the seasoning to taste.
3. Serve warm or cold, as a side dish or in a grain bowl.

Notes

Keeps for 4 days in the refrigerator in an airtight container.

*For a gluten-free recipe, choose a certified gluten-free tamari sauce.



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