

YOUR[®] Super Food

Quinoa & Brown Rice VEGAN

Quinoa is rich in protein, dietary fiber, B vitamins, and dietary minerals in amounts greater than in many grains. Brown rice is also richer in fiber and other nutrients than white rice. YOUR Super Food, Brown Rice- Quinoa is all whole grains. It is fully cooked in water, no salt or sugar added and ready to heat and serve or to use in various recipes directly from the pouch without heating.

DIRECTIONS: Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature. Handle the hot pouch carefully. Serve as a main dish or use in various Quinoa recipes without the heating step, like the following:

Garlic Rice with Quinoa:

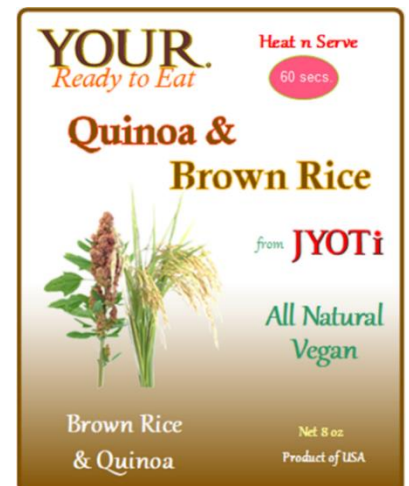
Sauté ½ cup of chopped onions and 2 cloves of minced garlic with 1 Tbsp Olive oil and a pinch of salt and pepper to your taste. About 4 min on medium heat. Mix contents of one pouch of Brown Rice- Quinoa and 1 Tbsp water, reduce heat to just heat the mixture to serving temperature. Serve hot.

Quinoa Rice Keema (meat dish):

In a heavy skillet with 2 tsp olive oil, brown one cup of ground meat of your choice (chicken, red meat) including ¼ cup chopped onion and 2 cloves of minced garlic, 2 bay leaves, ½ tsp crushed red pepper, ½ tsp cumin powder, ¼ tsp turmeric powder and a pinch of garam masala (if on hand). Once the meat is browned, add ½ cup diced tomato and salt to taste, cover and simmer for 10 min to develop and blend the flavors. Remove from heat and mix in contents of one pouch of Brown Rice- Quinoa, cover and reheat on very low heat for serving. *Bon Appetite !*

INGREDIENTS: Brown Rice, Quinoa, Water.

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Serving size 4 oz (113g) servings per container 2	Total Fat 1.5g	3%	Total Carbohydrate 33g
Calories 160 Calories from Fat 15	Saturated Fat 0g	0%	Dietary Fiber 2g	8%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 4g	
	Sodium 0mg	0%		
	Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			



CA prop 65 requires Rice containing foods to warn California customers about the presence of arsenic in Rice. Arsenic is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Rice is great for human body. The lonest living people in the world are the Japanese, whose diet is mainly rice. In India, the first solid food given to an infant is rice. Yet, we must put this ridiculous warning here.