

YOUR[®]
Super Food

Tri-Color Quinoa

Organic, VEGAN

Quinoa is rich in protein, dietary fiber, B vitamins, and dietary minerals in amounts greater than in many grains. YOUR Super Food, Tri-Color (White, Red, Black) Quinoa is made with Organic Quinoa imported from Bolivia and Peru. It is fully cooked in water, no salt or sugar added and ready to heat and serve or to use in Quinoa recipes.

14 g of plant Protein in every pouch

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. Serve as a main dish or use in various Quinoa recipes, like the following:

Quinoa with Mushroom and Peas:

Sauté one cup of sliced or diced mushrooms and ½ cup of green peas in a skillet with 1 Tbsp oil or butter of your choice and a pinch of salt and garlic to your taste. About 3 min on medium heat. Mix contents of one pouch of Tri-color Quinoa or Quinoa with Lentils, reduce heat to just heat the mixture to serving temperature. Enjoy !

Quinoa Salad:

Make about 2 cups of fresh salad with any combination of salad vegetables (spinach, lettuce, celery, onion, cucumber, cherry tomato, bell peppers, scallions, chickpeas, beans etc.). Mix with one pouch of Tri-color Quinoa or Quinoa with Lentils, 1 Tbsp Extra Virgin Olive Oil, Fresh lemon juice or vinegar to taste, salt and pepper; or use a bottled salad dressing of your liking. Mix well and serve cold. An example is shown:



Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Serving size 4 oz (113g) servings per container 2	Total Fat 3g	4%	Total Carbohydrate 30g
Calories 170 Calories from Fat 25	Saturated Fat 0g	0%	Dietary Fiber 3g	13%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 0mg	0%	Protein 7g	
	Sodium 0mg	0%		
	Vitamin A 0% • Vitamin C 0%		Calcium 2% • Iron 10%	

