

ENJOY THE FLAVORS OF SOUTH AMERICA



Fruits and vegetables that are frequently eaten in South America include mango, guava, papaya, sweet potato, jicama, and yucca.



Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Quinoa (pronounced KEEN-wah) is a popular food eaten in South America. It is considered a whole-grain that is loaded with protein, iron, and fiber.

- ▶ Quinoa is cooked like rice, taking only 12 to 15 minutes to cook.
- ▶ Serve it by itself, seasoned to taste with a little oil, butter, salt and pepper.
- ▶ Try it for breakfast. Mix dried fruits such as raisins or dried apricots and add milk and a little sugar to sweeten.

Quinoa has a wonderful nutty flavor and can be served by itself, as a side dish, or it can be used in stir-fries, vegetarian burgers, soups, and salads.

QUICK AND EASY QUINOA

Ingredients:

- 1 tablespoon butter
- 1 cup uncooked quinoa
- ½ cup vegetable or chicken broth, reduced sodium
- 1 teaspoon minced garlic
- 1 teaspoon thyme, dried
- ¼ teaspoon salt
- 1 small onion, finely chopped*

Directions:

1. Melt butter in a saucepan over medium heat.
2. Add garlic, thyme, salt, onion and quinoa. Cook until lightly browned, about 5 minutes.
3. Stir in broth, and bring to a boil.
4. Reduce to a simmer, cover, and cook for 15 minutes, or until quinoa is tender.
5. Add 1 tablespoon of water if mixture seems dry or is sticking to pan.
6. Serve hot.

Yield: 4 servings

Nutrition Information (per serving):

Calories 207; Sodium 225 milligrams; Fat 6 grams; Fiber 4 grams



*WIC supplemental food