



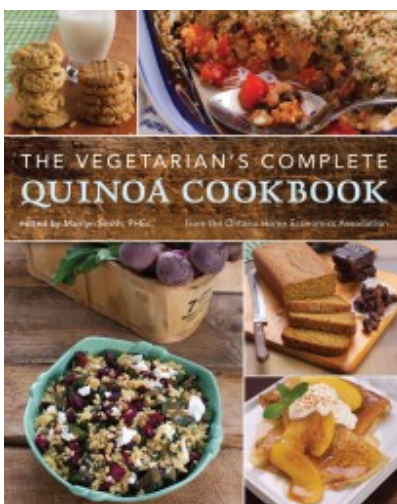
Ontario Home Economics Association

Ask a Professional Home Economist (PHEc)

For Immediate Release

The Vegetarian's Complete Quinoa Cookbook

by the Ontario Home Economics Association



Whitecap - ISBN: 978-1-77050-097-6 Dimensions: 8 x 10 - Page Count: 208: Paperback with flaps

Quinoa (KEEN-wah): *Put a contemporary spin on this ancient gluten-free grain and discover 125 inspiring recipes that take you from breakfast to dessert and everything in between.*

Let *The Vegetarian's Complete Quinoa Cookbook* help you springboard into the world of vegetarian cuisine. Whether you're a vegetarian virgin, a full blown convert or just experimenting, this book is for everyone and will become a well-thumbed treasure. The easy-to-make recipes were created by Professional Home Economists and rising PHEc stars across Ontario and have been edited by best-selling cookbook author, Mairlyn Smith. Recipe developers you can trust!

Every recipe includes a full nutritional breakdown and is less than 500 calories per serving. This comprehensive cookbook has recipes for breakfast dishes, quick breads, yeast breads, lunch dishes, soups, salads, sides, main dishes, desserts, cookies and squares. Unique uses of quinoa include fresh spring rolls, sweet and savoury crêpes, a raw food salad, gluten-free quiche, brownies and even a treat for your pet. The Ontario Home Economics Association has answered all quinoa queries.

Easy to cook and a great alternative to oatmeal, rice, couscous or pasta, quinoa is not only tasty and wholesome, but is loaded with nutrients. *The Vegetarian's Complete Quinoa Cookbook* is the essential guide for helping you make quinoa part of your healthy diet. This must-have cookbook is available in September 2012 at all major bookstores and cookbook stores.

Join us for the official book launch at 7 PM - October 15, 2012, at the Cookbook Store, 850 Yonge Street (at Yorkville Ave) Toronto, ON M4W 2H1

Meanwhile, enjoy two recipes from *The Vegetarian's Complete Quinoa Cookbook*:

Mexi Meatless Shepherd's Pie from Amy Snider-Whitson, P.H.Ec., Toronto, ON

This great family-friendly casserole is a variation on a traditional shepherd's pie. Serve with a tossed green salad and you are in the zone—the healthy zone!

2 lb (1 kg) sweet potatoes, scrubbed well and pierced all over with a fork
1 Tbsp (15 mL) canola oil
1 onion, chopped
1 red pepper, diced
2 cloves garlic, minced
2 tsp (10 mL) ground cumin
1 can (19 oz/540 mL) black beans, no salt added, well rinsed and drained
1 cup (250 mL) cooked quinoa made with water
1 cup (250 mL) frozen corn, no need to thaw
1 cup (250 mL) mild or medium salsa, deli-style
1/4 cup (60 mL) light sour cream
1/4 cup (60 mL) finely chopped cilantro
1/4 tsp (1 mL) freshly ground black pepper
1/4 cup (60 mL) thinly sliced green onion or cilantro for garnish

1. Preheat the oven to 350°F (175°C). Bake the sweet potatoes for 60 minutes, or until tender. Alternatively, microwave on high for 8 to 12 minutes. Cool until easy to handle.
2. Lightly grease an 8 cup (2 L) baking dish with canola oil or line with wet parchment paper. Set aside.
3. In a large soup pot or Dutch oven, heat the oil over medium heat. Add the onion, red pepper, garlic and cumin. Cook - stirring often, for 5 to 7 minutes. Stir in the black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.
4. Pour into the prepared pan. If you used a microwave to cook the sweet potatoes, at this point preheat the oven to 350°F (175°C).
5. Meanwhile, cut the cooled sweet potatoes in half and scrape out the flesh. Discard the skins. Mash the sweet potato well with the sour cream. Stir in the cilantro. Season with pepper, if desired.
6. For a rustic look, spoon the sweet potato mixture over the quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)
7. Bake for 30 minutes, or until heated through and bubbly. Sprinkle top of the casserole with green onion or cilantro (if using) to garnish.

Makes 6 cups (1.5 L) • One serving = 1½ cups (375 mL)

Nutrition per serving (1½ cups/375 mL) 413 calories, 6 g total fat, 1 g saturated fat, 2 mg cholesterol, 75 g carbohydrates, 24 g sugars, 13 g fibre, 13 g protein, 544 mg sodium, excellent source of vitamins A and C.

Basic Quinoa Crêpes from Deb Campbell, P.H.Ec. - Exeter, ON

All the rage in the 1970's, crêpes are making a comeback. This recipe will give you a slightly sweet basic crêpe that you can use in recipes with fruit or sweeter sauces, such as the Autumn Apple Crêpes, below.

¾ cup (185 mL) quinoa flour
3 omega-3 eggs
¼ cup (60 mL) canola oil
1 cup (250 mL) organic vanilla soy beverage

1. In a food processor fitted with a metal blade, process the flour, eggs, oil and soy beverage for 10 to 15 seconds, until smooth (batter must be lump free). Refrigerate batter for at least 30 minutes before cooking. This allows bubbles to dissipate and gives a nicer finished product.
2. Very lightly grease a small frying pan (7 inch/18 cm) with canola oil. You may only have to do this once; a lightly seasoned pan will give you a more uniform crêpe pancake.
3. Spoon a scant 3 Tbsp (45 mL) of the batter into the pan and rotate the pan around so that there is an even coating on the bottom of it. Try not to run batter up the sides as this will over-crisp the edges. Turn the crêpe over after 30 seconds. Crêpe will be lightly browned on both sides and will be flexible (for folding or rolling).
4. Place the cooked crêpes on a plate lined with parchment paper to cool. They can either be used in other crêpe recipes or can be frozen at this point for later use. Freeze in small amounts, placing a small piece of parchment between the crêpes and wrapping them in clear plastic wrap. Freeze for up to 1 month.

Makes 12 crêpes • One serving = 1 crêpe

Nutrition per serving (1 crêpe) 84 calories, 6 g total fat, 1 g saturated fat, 16 mg cholesterol, 6 g carbohydrates, 1 g sugars, 1 g fibre, 2 g protein, 15 mg sodium.

Tips for Making Perfect Crêpes:

- A crêpe pan helps. If you don't have one, use a heavy-bottomed non-stick frying pan;
- To measure 3 Tbsp (45 mL) of batter for a single crêpe, use a ¼ cup (60 mL) measuring cup filled three-quarters full;
- It's all in the wrist! As you add the crêpe batter to the pan, swirl the pan at the same time — sort of like patting your head and rubbing your stomach at the same time;
- The oil helps. Make sure you either use a well- seasoned pan or lightly brush the pan before making each crêpe;
- Never use soap on a well-seasoned pan. Instead, wipe it clean with a paper towel.

Autumn Apple Crêpes

1 recipe Basic Quinoa Crêpes
2 Tbsp (30 mL) non-hydrogenated margarine
4 apples, peeled and thinly sliced
½ cup (125 mL) brown sugar, packed
½ tsp (2 mL) cinnamon + some for garnish
¼ tsp (1 mL) nutmeg
1½ cups (375 mL) Astro Original French Vanilla Yogurt or a similar fat-reduced French vanilla yogurt
Fresh mint leaves for garnish (optional)

Use local apples in this recipe. Ontario Home Economists naturally used Ontario apples. Here we chose Red Delicious for their firmness, but for a softer apple, choose a Honeycrisp or Ambrosia.

1. Prepare Basic Quinoa Crêpes. When the crêpes are made, in a large frying pan over medium heat, add the non-hydrogenated margarine and sauté the apple slices for 2 to 3 minutes, until they start to become translucent.
2. Add the brown sugar, stirring to coat fruit, and cook for about 2 to 4 minutes, until the mixture is just starting to bubble.
3. Add the spices and continue to simmer for 5 to 10 minutes, or until the apple slices are tender but not mushy. (Recipe can be made in advance to this point. Cool, refrigerate and then reheat just before serving.)
4. To assemble: To make sure each crêpe is flavour enhanced, working quickly, brush each crêpe with some of the sauce. Fold the crêpes in quarters and place two on each of six plates. Spoon one sixth of the apple mixture over the top of each pair of crêpes. Add ¼ cup (60 mL) of yogurt to each serving and sprinkle with cinnamon. Drizzle any remaining sauce over the crêpes.

To serve: Garnish with mint if desired. Serve immediately. For a special fall dessert, 2 Tbsp (30 mL) of rum can be stirred into the apple mixture after it has been taken off the heat. Finish the presentation as above.

Makes 12 crêpes • One serving = 2 crêpes plus ¼ of the cooked apple mixture and ¼ cup (60 mL) of yogurt

Nutrition per serving (Serving size above) 373 calories, 18 g total fat, 3 g saturated fat, 39 mg cholesterol, 49 g carbohydrates, 34 g sugars, 3 g fibre, 7 g protein, 74 mg sodium, excellent source of vitamin D.

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Ontario Home Economics Association (OHEA), a self-regulated body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life. OHEA is grateful for support from the Gwenyth Bailey Simpson Communications Award provided by the Canadian Home Economics Foundation. For further information, please contact:

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