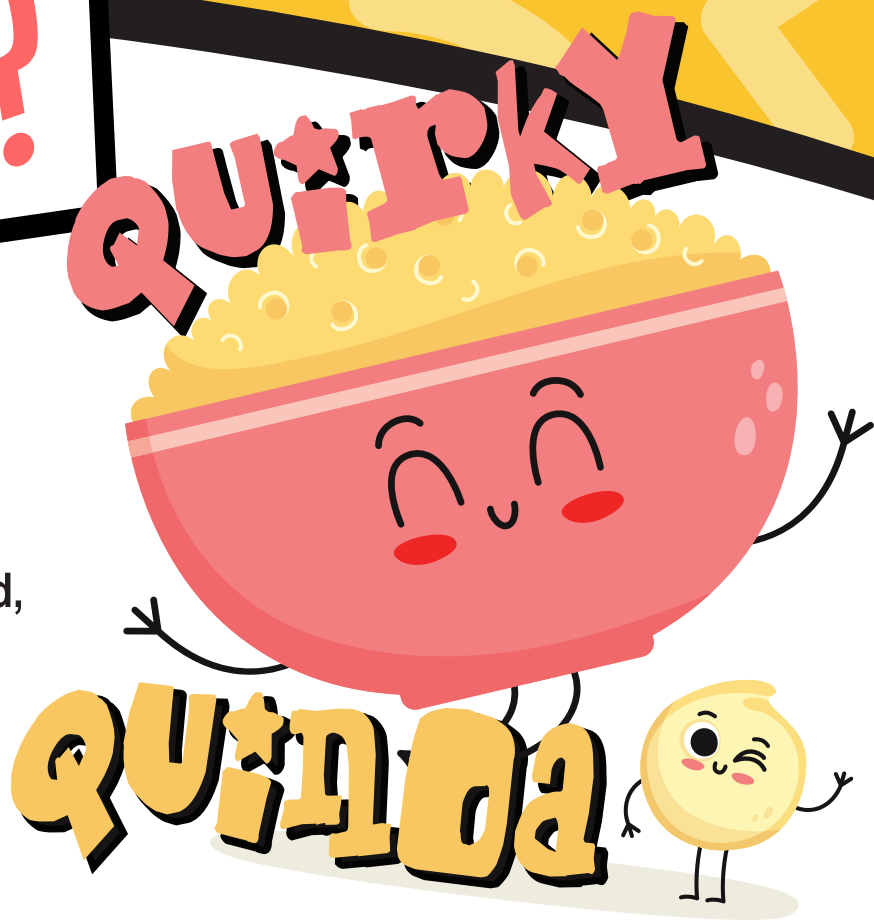


DID YOU

KNOW?

- Pronounced “Keen-Wah”.
- Quinoa is a whole grain that is packed with fiber and protein!
- This whole grain can be black, red, yellow or white!
- Quinoa is naturally gluten-free.
- Substitute quinoa for rice, or for oatmeal at breakfast time!



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

| | VEGETABLES | FRUITS |
|---------------------|--------------|--------------|
| Children, Ages 4-8 | 1 ½ cups | 1 - 1 ½ cups |
| Children, Ages 9-13 | 2- 2 ½ cups | 1 ½ cups |
| Teens, Ages 14-18 | 2 ½ - 3 cups | 1 ½ - 2 cups |

Mediterranean Quinoa Salad

Ingredients:

- 8 OZ COOKED QUINOA (ACCORDING TO PACKAGE INSTRUCTIONS)
- 1 CUP CUCUMBER, PEELED AND CHOPPED
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 8 OZ FETA CHEESE, CRUMBLLED
- 1/3 CUP LEMON JUICE
- 1/2 CUP RED ONION, CHOPPED
- 1/2 CUP PARSLEY, CHOPPED
- 1/4 CUP OLIVES, CHOPPED
- 3/4 CUP GRAPE TOMATOES, CHOPPED
- SALT AND PEPPER, TO TASTE

1. Cook quinoa according to package instructions.
2. Combine cooked, chilled quinoa and all ingredients in a bowl and mix. Chill and serve.