


Harvest of the Month



Quinoa

Calories

222

Total Fat

4g

1 cup
cooked

Sodium

13mg

Sugars

2g

FUN FACTS:

Quinoa is pronounced *KEEN-WAH*.

It is a grain crop grown for its edible seeds. There are many varieties and colors—white, red and black are the most popular. It is cooked like rice and has a rich nutty flavor.

This “superfood” is native to Peru. It is considered an ancient grain because it has been cultivated for thousands of years.

Quinoa is gluten-free and very high in protein.

This institution is an equal opportunity provider.

