

## Cinnamon Quinoa Comfort (porridge)

1 C organic soy milk  
1 C water  
1 C organic quinoa  
2 C fresh blackberries/blueberries  
1/2 t ground cinnamon  
1/3 C chopped pecans/walnuts, toasted  
4 t organic agave syrup

Rinse the quinoa under water. Then combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat.

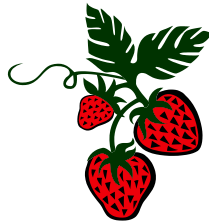
Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes.

While the quinoa cooks, roast the preferred nut in a dry fry pan over medium heat for about 3 minutes.

Stir in preferred berries and cinnamon; transfer to four bowls and top with toasted nuts. Drizzle 1 teaspoon agave nectar over each serving.

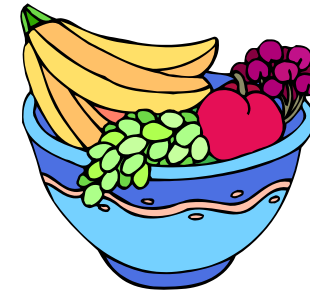
Note: If you cannot find agave syrup, use honey or maple syrup.

Serves 4.



**The next meeting will be held on 29th November, 2011.  
Invite your friends. See you then.**

# EATING FOR HEALTH



**RECIPE CLUB  
25 OCTOBER, 2011**

## COOKING WITH DAVID

- **Pumpkin Hummus**
- **Quinoa Tabouleh**
- **Vietnamese Vegetarian Rice Paper Rolls**
- **Cinnamon Quinoa Comfort**

## **Pumpkin Hummus**

### Ingredients

2 C Japanese pumpkin, steamed  
1 tin chickpeas, drained and rinsed  
1 T tahini  
1 t cumin powder  
2 T Mint (optional)  
1 T lemon juice  
1 garlic clove, crushed  
1 t sea salt



Cut the pumpkin into chunks and steam. In a food processor blend chickpeas until smooth then add pumpkin, tahini, lemon, mint, garlic, salt and continue blending until combined. If dip is thick (or gets that way after chilling), adding a small amount of water.

## **Quinoa Tabouleh**

### Ingredients

1 C quinoa  
2 C water  
2 C coarsely chopped Italian (flat leaf) parsley leaves (A large bunch)  
3 T Mint  
2 Lebanese cucumbers, diced  
1 punnet cherry tomatoes, halved & quartered crossways  
4 spring (green) onions, chopped  
½ red onion, finely chopped  
sea salt & freshly ground pepper  
80mls extra virgin olive oil  
juice of 1-3 lemons

Rinse and drain the quinoa. Then put in a heavy-bottomed pot with the water and bring to the boil. Turn the heat down, cover and simmer for about 10 mins or until all the water has been absorbed. Set aside to cool completely and then fluff up a bit.

When ready, toss the parsley, mint, cucumbers, tomatoes, spring onions and red onion with the quinoa, seasonings, oil and lemon juice.

*From Cookbook "Cooking with Quinoa" by Rena Patten*

Serves 4-6

## **Vietnamese Vegetarian Rice Paper Rolls**

### Ingredients

1 small pkts rice vermicelli  
½ C firm tofu, cut into matchsticks  
1 T each of tamari and kecap manis  
Vietnamese rice papers  
1 sheets of nori, torn into small strips  
1 carrot, grated or julienned  
1 Lebanese cucumber, julienned  
1 avocado, sliced  
4 spring onions, sliced diagonally  
mint, coriander or basil leaves  
1/3 C tamari  
1 t sesame oil  
Hoi Sin Sauce

Place the rice noodles in a bowl with very hot water. They will soften in a few minutes. Strain, then place these onto a serving platter. (Not Demonstrated)

Meanwhile put the tofu in a pan with the tamari and kecap manis and enough water to just cover it. Simmer until the water has gone and the tofu becomes sticky and crunchy. Don't move it too much but carefully turn once or twice. (Not Demonstrated)

Prepare the rest of your ingredients. Place these on a serving platter around the edge in piles.

To assemble the spring rolls, place 1 sheet of rice paper in hot water for about 30 seconds. Take out gently and place on a dry surface. Repeat for as many rolls as you want. Allow about 4 per person. Start by placing a piece of nori on the bottom, (this keeps the wraps dry), then put preferred herb leaf, then some carrot, cucumber and avocado, then top with pieces of tofu and a small amount of noodles and spring onions. Don't make the wraps too big, as they will burst.

For the dipping sauce, combine the tamari and sesame oil. Serve in small, individual bowls. Alternatively, you can use a commercially made Hoi Sin Sauce (Gluten Free).

Serves 4-6