

# 10 Delicious Quinoa Recipes for Weight Loss

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**Online Desk:** Weight loss is a journey that often requires a balance between nutritious meals and regular exercise. If you are looking for a healthy and tasty food to shed extra pounds, try quinoa. It offers a blend of protein, fibre, and essential nutrients. Quinoa, originating from South America, has gained immense popularity due to its health benefits and versatility in the kitchen.

## Key Health Benefits of Quinoa

Quinoa is a superfood. It offers a range of benefits that make it a desirable addition to any diet. Here are some of its key advantages:

1. High in protein, aiding in muscle development and repair
2. Rich in fibre, promoting a feeling of fullness and aiding in digestion
3. Low glycemic index, making it suitable for diabetics
4. Packed with essential vitamins and minerals like iron, magnesium, and B vitamins.

This nutritious grain can be a game-changer in losing weight in a healthy way.

## 10 Tasty Quinoa Recipes for Losing Weight

### Quinoa Bowls

#### *Ingredients*

1/2 cup quinoa (rinsed), 1/8 teaspoon salt, 2 tablespoons honey, 1/2 cup almond milk, 1/2 cup fruit (like blueberries), 1/4 cup walnuts (coarsely chopped), and 1 banana (sliced).

#### *Instructions*

First, add quinoa and water to a saucepan. Sprinkle some salt and bring it to a boil. Reduce the heat and let it simmer for 15 minutes, covered. Once most of the water is absorbed, fluff it up with a fork.

Then, add milk and honey and give it a good stir. Divide the delicious mixture into two bowls. Finish off by garnishing with almond milk, fruits, banana slices, and nuts. Time to savour!

### Quinoa with Vegetables

#### *Ingredients*

125 grams white quinoa, 1/2 medium zucchini (diced), 1/2 green bell pepper (diced), 1/2 green and yellow chilli (chopped), 2 apricots (optional, diced), 250 ml vegetable stock, 1 teaspoon salt, 1 spring onion stalk, 100 grams rajma (shelled), 2 garlic cloves, 1 tablespoon olive oil, a few sage leaves, and a few rosemary leaves.

#### *Instructions*

First, boil quinoa in vegetable stock in a pot until all water is absorbed. Set aside with olive oil.

Then, in a pan, sauté spring onion, garlic, chillies, zucchini, bell peppers, dried apricots, and rajma. Season with salt, and pepper and mix with cooked quinoa. Now, garnish with rosemary and sage. It is ready to serve and savour!

## **Quinoa Khichuri**

### ***Ingredients***

1/2 cup quinoa (washed), 1/2 cup moong dal (washed), 1 tablespoon ghee or oil, 1 teaspoon cumin, 1/4 teaspoon hing, 1/2 cup onion (chopped), 1 teaspoon ginger (grated), 3 1/2 cups water, cilantro (to garnish), 1/2 cup green beans (cut into small pieces), 1/2 cup carrot (cut into small pieces), 1/2 cup green peas, 1/2 teaspoon turmeric powder, 1/2 teaspoon red chilli powder, and 1 teaspoon salt.

### ***Instructions***

In a strainer, rinse quinoa and moong dal until water runs clear. In a pot, heat ghee and add cumin and cook for 30 seconds. Then add hing, onions, and ginger, cooking for 2-3 minutes. After that stir in vegetables, spices, lentils, quinoa, and water.

Now, close the lid and cook for 4 minutes at high pressure. After 10 minutes, release the pressure. Garnish with cilantro. Serve Khichuri in bowls, topped with ghee. Enjoy!

## **Andean Style Quinoa**

### ***Ingredients***

125-gram quinoa, 1 tablespoon olive oil, 1 onion (chopped), 1 stick celery (chopped), 1 courgette (chopped), 1 medium potato (chopped), 1 red chilli (finely chopped), 1 teaspoon ground cumin, 1 teaspoon ground coriander, 400-gram chopped tomatoes, 1 teaspoon dried oregano, freshly ground black pepper, and 25-gram walnuts (chopped).

### ***Instructions***

This recipe is perfect for diabetic people. First, boil quinoa with 300ml water in a pan for 10–15 minutes until water is absorbed. Let it set aside. Then in a saucepan, sauté onions in oil for 3–4 minutes till soft. Add celery, courgette, and potato and sauté for 5–6 minutes.

After that include tomatoes, oregano, and pepper, simmering for 10–15 minutes until vegetables are tender. Finally, mix in quinoa and walnuts. Enjoy!

## **Quinoa Peas Pulao**

### ***Ingredients***

1 cup quinoa soaked for 1 hour, 1/2 cup green peas, 2 tablespoons clarified butter, 1-inch cinnamon stick, 2 cloves, 1 bay leaves, 2 green chillies (finely chopped), 1 cup onions (sliced), 8-10 garlic cloves, 1-inch piece of ginger, salt to taste, and 2 1/2 cups water.

### ***Instructions***

First, blend 1/2 onion, ginger, garlic, and chilli into a paste with water. Then, heat clarified butter in a thick-bottomed vessel and lower the flame. In it sauté garlic till golden, then add cashew nuts, fry, and set aside. Add cinnamon, cloves, and bay leaf for aroma. Next, include onion, green chillies, garlic, and ginger paste. Cook till the raw smell fades.

After that strain the quinoa, add it to the pot and mix well. Add water, salt, garam masala, and stir. At this point raise the flame and when it boils, add green peas. Mix, cover, and cook on medium heat. Finally, let it sit covered for about 5 minutes. Now, garnish and serve. This item is best for elderly people.

## **Lemon Quinoa**

## ***Ingredients***

1 cup quinoa (rinsed and drained), 1 small onion (sliced), 1 clove garlic (minced), 1 ½ cups vegetable or chicken broth, ¼ – ½ teaspoon sea salt, zest from 1 lemon, 2–3 tablespoons fresh lemon juice, and ¼ cup fresh parsley.

## ***Instructions***

First, heat oil over low/medium heat in a large skillet. Sauté onion until softened, then add garlic for 30 seconds. Stir in quinoa, allowing it to dry for 2-3 minutes. Meanwhile, frequently stir or shake the pan.

Next, pour the prepared broth, bring it to a boil, cover, and simmer for 15 minutes without lifting the lid. Then remove from heat and cover with a cloth for 5 minutes. Finish by adding parsley, lemon zest, and juice.

## **Quinoa Chicken Curry Bowls**

### ***Ingredients***

1 tablespoon olive oil, 1 cup diced onions, 500 grams' boneless skinless chicken, 2 tablespoons curry paste, 2 teaspoons garam masala, 1 tablespoon ginger paste, 3 cloves garlic, 2 cups tomato puree, 2 cups chicken broth, 3 cups diced eggplant (peel removed), 3 cups diced fresh tomatoes, 1 cup uncooked quinoa, and toppings (crushed almonds, rice, noodles, cilantro, green onions, butter).

### ***Instructions***

First, in a deep pan, heat olive oil over medium-high. Sauté onions till soft, then add chicken and spices. Stir-fry them for 3-5 minutes. Then add tomato puree, broth, eggplant, tomatoes, and quinoa.

Cover and simmer for 15-20 minutes, achieving a stew-like consistency. Serve in bowls, topped with rice, cilantro, green onions, and almonds for the delightful crunch.

## **Quinoa Chicken Nuggets**

### ***Ingredients***

3-4 boneless skinless chicken breasts (cut into 2-inch pieces), ½ cup flour, 1 teaspoon salt, ¼ teaspoon pepper, 3 eggs, 2 tablespoons water, and 2 cups cooked quinoa.

### ***Instructions***

First, preheat the oven to 425 degrees and grease a baking sheet. Next, whisk together the flour, salt, and pepper in a small bowl. In another bowl, whisk the eggs and water. Place the quinoa in a third bowl.

Now, dredge the chicken pieces first in the flour mixture, then the eggs, and lastly in the quinoa, ensuring a thorough coating. Arrange them on the prepared baking sheet. Generously spray the chicken nuggets with cooking spray for that perfect crisp (optional).

Then, bake for 15-20 minutes until the nuggets are cooked through and boast a beautiful brown hue. Serve these delectable nuggets with your preferred dipping sauces like BBQ, ketchup, or sweet and sour sauce.

## **Vegetarian Quinoa Salad**

### ***Ingredients***

1 teaspoon olive oil, 1/4 cup onion (diced), 2 cloves garlic (minced), 1 cup quinoa, 2 cups low-sodium vegetable broth, 1 teaspoon ground cumin, 2 teaspoons paprika, juice from one lime, 1 small red bell pepper (diced), 400-gram corn, 400-gram black beans (optional), 1/3 cup roughly chopped cilantro, and 1 small avocado (optional-diced).

### ***Instructions***

First, heat olive oil in a small saucepan over medium-low heat. Add the onion, and garlic and stir until the onion softens. Then, add the quinoa, broth, cumin, and paprika into the mix, ensuring a thorough blend. Cover and reduce to a low heat, letting it simmer for 15 minutes. Once done, remove from heat and include the lime juice.

Now, transfer this mixture into a bowl. Combine it with bell pepper, corn, beans, cilantro, and avocado, gently stirring to amalgamate. Your delectable dish is ready to be served!

### **Strawberry Quinoa**

#### ***Ingredients***

40 grams strawberry, 100 grams quinoa, 1 teaspoon olive oil, a pinch of black pepper, 25 grams parmesan cheese, 1 teaspoon white vinegar, a pinch of salt, 20 grams bulgur, 1 orange, 2 sprig parsley leaves, 1 lime, and 20 grams bell pepper (chopped).

#### ***Instructions***

First, boil the quinoa and allow it to cool. Next, add the bell pepper, lemon juice, salt, pepper, and a drizzle of olive oil. In your chosen mould, start with a layer of chopped strawberries. Now, add a layer of the quinoa mixture. Decorate it with another layer of strawberries.

Allow it to set and then de-mould them. And for a final touch – garnish with bulgur crackers. It is best served cold.

### **Summing Up**

The rich nutritional profile and versatility in cooking make quinoa an excellent choice for those aiming to lose extra pounds while maintaining a balanced diet. So, far we have mentioned **10 easy-to-prepare and delectable recipes of quinoa for weight loss**. The ingredients and cooking processes can be customized as per individual taste and health conditions.