Thoroughly rinse quinoa. Cook quinoa according to package directions using 1/4 less water than recommended. When cooled quinoa can be stored in refrigerator for 7 days for use in future recipes. Each recipe uses 2 cups cooked quinoa and serves four. Combine ingredients in large skillet, stovetop. Heat through: 5-10 minutes, adding water or broth if necessary. Salt and pepper to taste.

1. Chickpea mixture:
   - 2 Tbsp olive oil
   - 1 leek thinly sliced
   - 2 garlic cloves, chopped
   - 1 cup shredded carrot
   - ½-cup white cooking wine
   - 1 tsp thyme
   - 1 can chickpeas (garbanzo beans), rinsed and drained
   - 2 cups baby spinach
   - 1 Tbsp fresh lemon juice

2. Artichoke mixture:
   - 2 Tbsp olive oil
   - 1 cup chopped green onion
   - 2 tsp thyme
   - 1 jar artichoke hearts
   - 1 cup chopped parsley
   - 2 tsp grated lemon rind (zest)
   - 1 ½ Tbsp fresh lemon juice

3. Pistachio/cherry mixture:
   - 1 Tbsp olive oil
   - 3 tbsp chopped shallots
   - 3 tbsp lemon juice
   - ½ cup dried sweet cherries, chopped
   - ½ cup pistachios, chopped
   - ¼ cup chopped fresh mint
   - ¼ cup chopped parsley

4. Pumpkin seed mixture:
   - 1 tbsp olive oil.
   - ¾ cup fresh parsley leaves.
   - ½ cup thinly sliced celery.
   - ½ cup thinly sliced green onions.
   - ½ cup finely chopped dried apricots.
   - 3 Tbsp prepared vinaigrette.
   - 1 tbsp honey.
   - ¼ cup pumpkin seed kernels, toasted.
Quinoa Eight Ways

Mushroom mixture:
- 2 tbsp olive oil
- 3 tbsp chopped fresh parsley
- 4 cups thinly sliced shiitake (or any variety) mushroom caps
- 1 ½ cups chopped red bell pepper
- 1 Tbsp toasted sesame oil
- ½ cup dry white wine
- ½ cup coarsely chopped walnuts

Pine nut mixture:
- 2 Tbsp olive oil
- 2 Tbsp finely chopped shallots
- 1 Tbsp minced garlic
- ½ cup pine nuts
- ¼ cup chopped fresh parsley
- 2 tablespoons chopped fresh chives

Soybean mixture:
- 3 Tbsp fresh lemon juice
- 2 Tbsp Dijon mustard
- 1 tsp sugar
- 2 tsp grated lemon rind
- 3 garlic cloves, minced
- 2 cups frozen soybeans (edamame) thawed
- 1 cup chopped fresh basil
- 4 cups chopped tomato
- ½ cup sliced green onions
- ½ cup shredded carrot

Curry mixture:
- 4 Tbsp olive oil
- 4 tsp honey
- 2 Tbsp curry
- 1 cup raisins
- 1 cup sliced or slivered almonds
- 2 Tbsp fresh lemon