Quinoa

- Packs in 3g more protein than brown rice per 1 cup serving

- Rinse and drain; cook like pasta or rice, make half the liquids low sodium stock for great flavor.

- Switch up your recipes by substituting quinoa for brown rice or oatmeal-add fruit, chopped nuts or cinnamon.

Eat Well Berkeley aims to promote healthy food and beverage options for the UC Berkeley campus community.

uhs.berkeley.edu/eatwellberkeley