

## Quinoa Vegetable Upma

(Recipe by Anju Kapadia)

( Note; Suji or Upma is a high glycemic wheat grain product. Upma made fro suji is, therefore, high glycemic. To make Upma low glycemic use either coarse grains such as fine cracked wheat or quinoa, which is a gluten-free grain).

Ingredients: Servings 4-5

- One cup quinoa (red or white)
- 2 cups of water
- Half cup diced carrots
- One medium potato diced
- Half cup diced cauliflower
- Green chilies chopped fine
- Half cup diced tomatoes
- One medium onion chopped
- Few curry leaves
- Half teaspoon Jeera (cumin) seeds
- One tablespoon lemon or juice from 1 lemon
- Fistful of Peanuts or cashews
- Fistful of raisins
- One tablespoon of ghee or golden sesame oil or coconut oil9 No refined oils please)
- Salt to taste

Garnish

- Chopped fresh Coriander
- Roasted pounded Peanuts
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Instructions

- Soak the quinoa in water for at least 20 -30 minutes and rinse it thoroughly in a strainer to remove its bitterness.
- Put the quinoa in a pan with 2 cups of water on high flame. Add one teaspoon of ghee or coconut or sesame oil. Let it boil until water runs dry.
- Turn the flame to minimum, cover with lid, so quinoa simmers for 5-6 minutes until soft, and the tiny sprouts come out of the grain. Sprinkle little water and simmer more if that does not happen. The cooking process is complete when the grain is soft, and tiny sprouts appear.

- Pour the cooked quinoa in a bowl, fluff it with a fork and set it aside.
- Take another Pan, put the remaining ghee or oil when hot add cumin seeds. Add onions and curry leaves when cumin seeds turn brown.
- Once the onions turn golden add all the vegetables including tomatoes.
- Add peanuts or cashews and raisins when the vegetables get cooked.
- Make sure not to overcook vegetables, keep these crisp.
- Add the cooked quinoa, mix well and simmer 3-4 minutes.
- Add salt and lime juice to the mixture.
- Garnish with cilantro and roasted peanuts and serve.