


Ancient
Harvest



2014
Ancient Harvest
Cookbook

Great Ancient Grains







Ancient Harvest

As a way to give back to our loyal customers and celebrate living gluten-free, we hosted our first-ever Great Ancient Grains Recipe Contest. The response was fantastic, and we received so many diverse recipes featuring Ancient Harvest products.

As part of the gluten-free community, we know you are constantly on the hunt for new sources of inspiration, support and guidance. This is why we are so excited to share this collection of recipes, each one lovingly created by an Ancient Harvest fan.





The Original Since 1983

It doesn't matter if you're gluten-free, vegetarian, flexitarian, or just looking for new, health-conscious options, you can always trust Ancient Harvest to do right by your appetite. We serve up great tasting, non-GMO, organic, gluten-free foods for all, including gluten-free pasta, ancient grain blends, mac and cheese, quinoa flour, quinoa flakes and ready-to-eat polenta in a variety of inspired culinary flavors.

A Tale of Two Communities

From the high plains of Bolivia to the majestic mountains of Boulder, Colorado, the Ancient Harvest brand has a long history with quinoa. We were the first company to bring quinoa to the United States in 1983 when we walked the very first bag of this "supergrain of the future®" into a Boulder food store. And to this day, we are the premier brand of organic quinoa and innovative ancient grain products.

What is QUINOA?

They don't call it an ancient grain for nothing. Quinoa, pronounced keen-wa, is a flavorful, wholesome grain that was first cultivated in Bolivia thousands of years ago. Now, you may be asking yourself, "Is quinoa gluten-free?" Our answer: you bet your grains it is. Ancient Harvest quinoa is also organic, non-GMO and a good source of plant-based protein. So thanks to this legendary superfood, now you can invite total taste, versatility and nutrition to tonight's kitchen table.



Great Ancient Grains Grand Prize Winner
Chicken Quinoa Enchilada Bake



Recipes

Chicken Quinoa Enchilada Bake

recipe by Kim Rosenberger

Quinoa

The Grand Prize Winner in our Great Ancient Grains Recipe Contest, this one's packed with flavor and just the right amount of heat. Whip it up for a hearty weeknight dinner that the whole family will enjoy, or bring it along to your next potluck.



Prep Time: **10 min**

Cooking Time: **30 min**

Number of Servings: **6**

Ingredients

- 1 cup Ancient Harvest White Grains Traditional Quinoa cooked according to package directions
- 1 small onion, diced
- 1 sweet pepper, diced
- 1 clove garlic, minced
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 lb chicken, cut into bite-sized pieces
- 2 cups enchilada sauce
- 1/2 cup cheddar cheese
- Optional toppings: diced avocado, diced tomatoes or salsa, green onion, cilantro, Greek yogurt, jalapeño peppers



Instructions

1. Preheat oven to 350°F.
2. In a large (preferably oven-proof) skillet, heat 1 Tbsp. of oil over medium high heat.
3. Add diced onions and peppers, and sauté for about 3 minutes.
4. Add minced garlic, chili powder, cumin and chicken. Sauté until chicken is cooked through and no longer pink (about 8 minutes).
5. Add cooked quinoa and enchilada sauce and mix until combined.
6. If you are using an oven-proof skillet, top the mixture with cheese. If you do not have an oven-proof skillet, pour the mixture into a lightly greased casserole dish and then top with cheese.
7. Bake for 10-15 minutes or until cheese is melted and bubbly.

Braised Kale Alfredo

recipe by Bonnie Koon

Supergrain Pasta® Spaghetti

Elevate pasta night by adding this rich and creamy vegan Alfredo sauce, made with blended cashews instead of cream. Meaty mushrooms and savory kale add heft and texture. Serve over your Ancient Harvest Supergrain Pasta® of choice for a dish that's so good, you'll forget it's also good for you.



Prep Time: **15 min**
Cooking Time: **15 min**
Number of Servings: **2**

Ingredients

- 1 box Ancient Harvest Supergrain Pasta® Spaghetti cooked according to package directions
- 5-6 large kale leaves
- 8 mushrooms
- 1 tsp. coconut oil
- 1 cup cashews
- 1/2 cup water
- 2 cloves garlic
- Basil to garnish
- Parmesan cheese to garnish

Instructions

1. Boil pasta according to package directions.
2. While the pasta is boiling, chop the kale and mushrooms.
3. Braise the chopped kale and mushrooms in coconut oil over medium heat for 10 minutes.
4. Place the cashews, garlic and water in a blender and blend on high until creamy.
5. Top the pasta with cashew sauce and braised kale and mushrooms.
6. Garnish with basil and parmesan cheese, if desired.



Coconut-Quinoa Breakfast Bowl

recipe by Allison Stevens

Quinoa

If you've never had quinoa for breakfast, you're missing out. This simple yet delicious recipe shows how quinoa can show up oatmeal by providing the plant-based complete protein you need in the morning, without the gluten you don't.



Prep Time: **5 min**
Cooking Time: **20 min**
Number of Servings: **4**

Ingredients

- 3 cups Ancient Harvest White Grains Traditional Quinoa cooked according to package directions
- 1 cup coconut milk
- 1 tsp. vanilla
- Sprinkle of cinnamon
- 1/2 cup pecan pieces
- 1/2 cup shredded coconut
- 2 cups fresh blueberries

Instructions

1. Whisk vanilla into coconut milk and pour over cooked quinoa.
2. Top with cinnamon, pecan pieces, coconut and blueberries.
3. Divide into 4 bowls. (Note: this will keep for a few days in the fridge.)



Aloha! Quinoa Flakes

recipe by Rebecca Pytell

Hot Cereal Flakes

Looking for another way to enjoy quinoa for breakfast? With crushed pineapple and creamy coconut butter, this recipe may just hold you over 'til your next vacation – while our Ancient Harvest Quinoa Hot Cereal Flakes will surely sate your hunger 'til lunch.



Prep Time: **5 min**

Cooking Time: **2 min**

Number of Servings: **1**

Ingredients

- 1/3 cup Ancient Harvest 100% Whole Grain Hot Cereal Flakes
- 2-3 Tbsp. crushed freeze-dried pineapple
- 1 Tbsp. coconut butter
- 1/4 tsp. coconut extract
- 1 tsp. of fresh pineapple juice
- 2/3 cup water
- Unsweetened shredded coconut to garnish

Instructions

1. In a microwave-safe bowl, combine the quinoa flakes, crushed pineapple, coconut extract, pineapple juice and water: Mix well.
2. Microwave on high for 2 minutes.
3. Safely remove and add the coconut butter: Mix it all together.
4. Top with some shredded coconut and voilà – Tropical Paradise!



Soft Spiced Cocoa Pumpkin Cookies

recipe by Rebecca Pytell

Hot Cereal Flakes

Think quinoa can't work in cookies? Think again. These treats combine cocoa, pumpkin and warm spices to create a unique and craveable dessert. Bonus: They're not only gluten-free, but dairy-free as well.



Prep Time: **25**

Cooking Time: **10**

Number of Servings: **9**

Ingredients

- 3/4 cup Ancient Harvest 100% Whole Grain Hot Cereal Flakes
- 2 Tbsp. of gluten-free all purpose flour
- 1 Tbsp. unsweetened cocoa powder
- 1 tsp. baking powder
- 2 Tbsp. table sugar (for a sweet cookie, try adding 1 Tbsp. of honey or maple syrup)
- 1/2 tsp. pure bourbon vanilla extract
- 2 Tbsp. unsweetened almond milk
- 1/2 cup pure pumpkin puree
- 1/4 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves



Instructions

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine all dry ingredients and whisk together.
3. Add all wet ingredients to the mixture and stir to combine completely.
4. Form the dough into a large ball in the bowl, and then put the whole bowl in the fridge to chill for 15 minutes.
5. While the dough is chilling, grease your baking pan.
6. Once it is chilled, take the dough out of the fridge and roll it into balls. (The size and number of balls is up to you, but you may need to adjust the baking time accordingly.)
7. Before placing each ball on the baking sheet, flatten it a bit to form more of a disc.
8. Place the baking pan in the oven for 10 minutes.
9. Once done, remove the cookies and let them cool completely on a wire rack before storing in an airtight container.

Cheesy Veggie Quinoa Bites

recipe by Maddy Cooke

Quinoa

Small in size but not in flavor, these Cheesy Veggie Quinoa Bites cook up quickly for a light weeknight meal or impromptu soirée. Pass a platter around at your next party, or simply enjoy with a side salad for lunch or dinner.



Prep Time: **20 min**

Cooking Time: **15 min**

Number of Servings: **12 mini cups**

Ingredients

- 1/3 cup of Ancient Harvest White Grains Traditional Quinoa
- 1 cup water
- 2 eggs
- 1/2 cup red onions
- 1/2 cup peppers, julienned
- 1/2 cup broccoli, diced
- 1/2 cup shredded jack cheese
- 2 Tbsp. Parmesan cheese
- 1/4 cup green onions
- 1 1/2 tsp. Italian seasoning
- Salt and pepper, to taste



Instructions

1. Prepare quinoa per package instructions.
(Note: This recipe will use about 1 cup cooked quinoa.)
2. Preheat oven to 350°F.
3. Combine all ingredients in a large bowl and mix to combine.
4. Grease a mini-muffin tin, and then spoon mixture to fill to the top of each cup.
5. Bake for 15-20 minutes, or until the edges of the cups are golden brown.
6. Let cool for at least 5 minutes before removing from the mini muffin tin.

Veggie-Filled Chow Mein

recipe by Megan Teet

Supergrain Pasta® Spaghetti

Craving Chinese? This dish is loaded with delicious and nutritious vegetables – and it'll cook up in the same amount of time that it would take to deliver takeout. It also shows just how versatile our Ancient Harvest Supergrain Spaghetti can be.



Prep Time: **5 min**
Cooking Time: **25 min**
Number of Servings: **1**

Ingredients

- 1 serving Ancient Harvest Supergrain Pasta® Spaghetti cooked according to package directions
- 3 Tbsp. dried chives
- 1/2 bag mung bean sprouts
- 2 cups cauliflower, chopped
- 2 Tbsp. Kikkoman gluten-free soy sauce
- 1/4 tsp. salt
- 1/4 tsp. red pepper flakes
- 1/2 tsp. black pepper
- 1/2 tsp. onion powder
- 1 Tbsp. minced garlic
- 1/4 tsp. Wholesome Sweeteners brown sugar
- 1/2 tsp. sesame oil
- 2 Tbsp. water



Instructions

1. Boil one serving of noodles, broken in half, until al dente.
2. While noodles boil, chop cauliflower.
3. Drain noodles and keep in colander while veggies cook.
4. Add sprouts and cauliflower to sauté pan. Sauté with olive oil until cauliflower is just tender, or about 10 minutes. May need to add up to 1/4 cup water while cooking.
5. While veggies cook, add all ingredients from soy sauce through water to a small bowl and mix.
6. Pour veggies into pot that contained noodles.
7. Pour one Tbsp. oil into pan. Using your fingers, separate noodles into sauté pan and add chives. Sauté about 3-4 minutes, browning the noodles.
8. Add sauce to noodles and continue.
9. Add veggies to pan and mix.
10. Dish up and enjoy!

Wild Rice, Quinoa, Chickpea, and Veggie Soup

recipe by Kelly Hill

Quinoa

Warm, comforting, tasty – this one's everything that soup should be. It's easy to prepare, using ingredients that you probably already have in your pantry – and if you've never used quinoa in a soup before, then this is a great place to start.



Prep Time: **10 min**
Cooking Time: **1 hour**
Number of Servings: **15**

Ingredients

- 1 cup Ancient Harvest White Grains Traditional Quinoa cooked according to package directions
- 1 cup wild rice
- 1 can (15 oz.) chickpeas, drained and rinsed
- 1 can (15 oz.) carrots, drained
- 1 can (15 oz.) peas, drained
- Chicken or vegetable broth, as needed
- Garlic herb seasoning to taste
- Earth salt to taste

Instructions

1. Cook wild rice and quinoa according to package directions.
2. Drain rice and put into a large bowl.
3. Add quinoa, veggies and enough broth to cover all ingredients.
4. Stir well, until nicely combined.
5. Add garlic herb seasoning and salt to taste.
6. Scoop into your favorite soup bowl and enjoy!



Weeknight Hamburger Macaroni

recipe by Sheryl Watkins

Supergrain Pasta® Elbows

Kid-friendly and ready in under an hour, this Hamburger Macaroni is the quintessential weeknight meal. Also, as the recipe states, it can easily be adapted to what ingredients you have on hand. As long as it includes Ancient Harvest Supergrain Pasta®, it's sure to be a hit.



Prep Time: **10 min**
Cooking Time: **30 min**
Number of Servings: **4-6**

Ingredients

- 8 oz. package Ancient Harvest Supergrain Pasta® Elbows
- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 lb. ground beef or turkey
- 1 onion, chopped
- 1 bell pepper (or celery or other vegetable you have on hand), chopped
- 2-3 Tbsp. Worcestershire sauce
- 4 cups tomato juice

Instructions

1. Heat oil and garlic in a large skillet.
 2. Once the oil is hot, add meat and cook over medium-high heat until it is cooked thoroughly.
 3. Drain the meat, but reserve about 1 Tbsp. of cooking juices to cook the vegetables.
 4. In the same skillet, cook the onions over medium-high heat until soft. Add the peppers.
 5. When the peppers are soft, add the pasta to the pan and stir for about one minute.
 6. Add Worcestershire sauce to coat the pasta.
 7. Return the cooked meat to the pan with the pasta and vegetable mixture, and add the tomato juice.
 8. Over medium-high heat, cook until the mixture bubbles, then cover and lower heat to medium-low. Cook for an additional 10 minutes.
 9. Check to see if the pasta is cooked, but firm. If not, cook another 2 minutes.
 10. Serve and enjoy.
- * Note: This recipe lends itself to improvisation. Feel free to try using different meats, vegetables, seasoning and/or tomato juice. For example: Add a chili pepper; substitute 1 Tbsp. chili powder for Worcestershire and use 46 oz. of spicy tomato juice to make chili mac. Use more or less juice to taste, but there must be enough juice to cook the pasta.



Greek Quinoa Chicken and Lamb

recipe by Janet Vines

Quinoa

A little bit exotic but still completely accessible, this Greek-inspired dish is fragrant and complex. And since it can be served either hot or cold, it's a wonderful option to bring to a barbecue or potluck. Just be prepared for people to ask you for the recipe...



Prep Time: **30 min**
Cooking Time: **1 hour**
Number of Servings: **6**

Ingredients

- 1 box Ancient Harvest White Grains Traditional Quinoa cooked according to package directions
- 2 cooked chicken breasts, diced
- 8 oz. ground lamb, cooked with:
 - 2 Tbsp. olive oil
 - 2 cloves minced garlic
 - Medium onion, finely chopped
- 1 tsp. kosher salt
- 1 tsp. pepper
- 1 jar artichoke hearts in olive oil
- 6 oz. pitted kalamata olives
- 2 oz. roasted red bell pepper
- 6-8 oz. feta cheese, crumbled
- Olive oil
- Salt and pepper to taste



Instructions

1. Cook the quinoa according to the package instructions and set aside until both the chicken and lamb are cooked.
2. Sauté the lamb with olive oil, minced garlic, chopped onion, salt and pepper in a skillet until browned.
3. Once the lamb is cooked, drain the fat and then add the meat to a large bowl.
4. Add the rest of the ingredients to the bowl and then mix until combined.
5. Garnish with fresh parsley.



Ancient Grains for Healthier Living

Supergrain Pastas® | Creamy Mac & Cheese
Satisfying Quinoa Grains | Flavorful Side Dishes
Hot Cereal | Polentas and More

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