

# A SUGAR + SHAKE Recipe

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## Sugar's Turkey-Quinoa "Master Mix"

*Adapted from Quinoa 365: The Everyday Superfood by Patricia Green & Carolyn Hemming*

Use this mix to stuff bell peppers, top nachos (see recipe below), fill omelets, add to pasta, make a stir fry... pretty much anything you might use ground beef or pork for.

- 1/3 cup quinoa
- 2/3 cup water
- Olive oil (for sautéing)
- 1 lb. ground turkey
- 1/2 onion, diced
- 2 – 3 cloves garlic, minced
- 3 tablespoons tomato paste
- 1/4 cup grated Manchego cheese
- 1/2 cup chicken broth (or water)
- Garlic salt
- Mrs. Dash seasoning

Bring quinoa and water to a boil in a small saucepan. Cover, reduce heat and allow to simmer for about 10 minutes. (You'll know it's done when you see the little quinoa "tails" pop out.) Turn off the heat and allow to sit for another 5 to 6 minutes. Fluff with a fork and set aside to cool.

In a large skillet or sauté pan, heat the oil. Add onions and garlic and cook until fragrant and onions begin to start to turn translucent. Add turkey and season liberally with garlic salt and Mrs. Dash. Sauté until turkey is cooked through. Add quinoa, tomato paste, cheese and broth. Mix together thoroughly.

## Turkey-Quinoa Nachos

*If you happen to have some guacamole around, you can toss some on. Note that the red onions are totally optional; I will often make two separate plates of nachos just so Shake can have onions (he loves them) and mine can be onion-free.*

- 1 cup (or more) Turkey-Quinoa "master mix" (see recipe above)
- Tortilla chips
- Shredded cheese (Mexican blend or whatever floats your boat)
- Black olives, halved
- Red onion, diced (optional)
- Salsa (we happen to like the Tostitos jarred kind for this purpose)
- Sour cream

In a dish or on a plate, make a bed of tortilla chips and sprinkle with some cheese. Top with turkey-quinoa mix, onions and more cheese. Microwave until cheese melts. Top with salsa, sour cream and red onion (if using). Serve ooey-goey and hot.