



**GO GO
QUINOA®**

GOGO QUINOA'S GUIDE TO

BUDGET-FRIENDLY

EATING

+
AN EXCLUSIVE RECIPE
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WHY A BUDGET-FRIENDLY E-BOOK?

It's no secret to us, most people right now are forced to cut down on their budgets and start looking for ways to save money. With this recipe e-book, we hope to show you that eating well on a budget is still possible...and most importantly, it can still be delicious!

So to start this off, here are our 5 food-related tips to stay in your budget :

- 1-** Integrate most plant-based proteins and legumes in your recipes (the Canadian food guide recommends it!)
- 2-** Plan your weekly meals according to the sales at your local grocery store.
- 3-** Prioritize cooking meals at home when you have the energy and time for it. You'll realize that a home-made plate of pasta can cost up to 5 times less than what you pay at a restaurant.
- 4-** Make sure you're not throwing away food at the end of the week, because of bad planning. It's basically throwing your money in the garbage !
- 5-** For products that can stay good in your pantry for over a year, why not buy them in big quantities when they are on sale? For example, when your favorite brand (ahem, ahem) has a sale on their quinoa grains (25% off with code [QUINOALOVE25](#) 😎), stock up and you'll save money in the long run. Just an example.

“ With some creativity and smart shopping, you can enjoy delicious meals that are easy on your wallet. ”



MAKING THE MOST OF YOUR MEAL PREP WITH GOGO

Meal prep, or the process of preparing large volumes of food to be consumed throughout a given period in the future, can seem overwhelming at first, and even useless to some. However, it can be a huge time saver and catalyst for a healthier lifestyle as it grants you less overall prep time throughout the week and gives you complete control over the food that you're consuming.

Ingredients that are great for meal prep are ingredients that are versatile enough to be used in a variety of meals throughout the week. Quinoa, for example, can be used as a side to your dish, as a base to your bowls and salads, added to soups or sauces, made into patties, added to desserts, and so much more! So to us, it makes a lot of sense to make quinoa in big batches and freeze it to be used in the upcoming months, making our meal preps in the future even easier. You can find a step-by-step guide on how to freeze quinoa at page 25.

FUN FACT

The natural coating of quinoa seeds, called saponin, is a type of natural compound created and used by the quinoa plant as a natural defense mechanism to deter predators, including insects and birds, from eating the seeds. If not rinsed properly, saponin can make quinoa taste bitter or soapy.



HOW CAN GOGO HELP?

Grains and pasta are pantry staples that will not ruin your budget and that make a great base for your meal prep, since you can cook in big quantities and easily portion for your meals throughout the week. Bonus points because GoGo products contain quinoa, which contains all nine essential amino acids, making it a complete protein.

Quinoa is so much more than a rice substitute! It can add texture, a subtle nutty flavor, and increase the nutritional value of your meals.

The following recipes are designed for a budget-friendly weekly meal plan, with each portion costing less than \$8 per portion. We decided to prioritize grains, legumes, vegetables, and pasta to provide a nutritious and cost-effective meal. Enjoy!



ROSEMARY VEGETABLE LASAGNE

Serves 4

PREP TIME: 15 min

COOKING TIME: 60 min

TOTAL TIME: 1 hour 15 min

\$5.27
PER SERVING

INGREDIENTS:

- Drizzle of olive oil
- 12-14 garlic cloves, chopped
- 6 cups mushrooms, chopped into small pieces roughly $\frac{1}{2}$ - $\frac{3}{4}$ inch in size
- 1 cup finely chopped red pepper
- 2 tsp dried rosemary
- 2 cup finely chopped zucchini
- 3 - 3.5 cups marinara sauce
- 4 handfuls spinach leaves
- Freshly ground pepper to taste
- 1 tsp salt
- 1 box of Rice and Quinoa Lasagne
- 2.5 - 3 cups grated cheese of choice

INSTRUCTIONS:

1. Preheat oven to 375°F and prepare a baking dish as per instructions on the Lasagne package.
2. Place a large pan on medium heat, once hot drizzle some olive oil and spread it around evenly. Add garlic and cook until the garlic starts to lightly brown.
3. Add mushrooms and cook for 2-4 minutes until the mushrooms start to release some water. Add red peppers and rosemary and cook for 5 minutes. Add zucchini and continue to cook until the all veggies are cooked through.

4. Add marinara sauce, salt and pepper and cook for 5 minutes, stirring regularly, until the sauce starts to lightly thicken. Add spinach leaves and continue to cook for 3 - 5 minutes. Stir and remove from heat.

5. Follow package instructions to assemble and cook Lasagne, using prepared sauce.

6. For well-done melted cheese, sprinkle the top layer with grated cheese before covering with foil. Bake for 30 minutes, remove foil and bake for 10 more minutes.



CREAMY ROASTED PARSNIP PASTA

Serves 2-3

PREP TIME: 10 min

COOKING TIME: 35 min

TOTAL TIME: 45 min

\$5.53
PER SERVING

INGREDIENTS:

- 2/3 cup unsalted cashews (+ water for soaking)
- 3 large parsnips (350 - 400 g), peeled and cut long
- 8 - 10 garlic cloves, peeled
- Drizzle of olive oil
- 15 broccoli florets (2 loosely packed cups)
- 1 cup chopped mushrooms
- 1 box of Cauliflower Fusilli or other GoGo Quinoa pasta of your choice
- ¾ tsp salt
- 10 - 12 twists of freshly ground pepper
- 1 tsp dried basil
- 3 cups plant milk
- ¼ cup nutritional yeast

INSTRUCTIONS:

1. Soak cashews in water for 20 minutes. Drain the water and set aside.
2. Preheat oven to 400° F and line a baking tray with parchment paper. Place parsnips and garlic cloves onto the baking tray and drizzle some olive oil. Bake for 25 minutes or until cooked through.
3. While the parsnips are baking, follow package instructions and cook pasta.
4. Place a large pan on medium heat, once hot drizzle some olive oil and spread it around evenly. Add broccoli and mushrooms and cook for 10 minutes (or until cooked through) while stirring regularly. Set aside.

5. Once parsnips and garlic are ready, transfer them to a blender along with cashews, salt, pepper, basil and plant milk. Blend until smooth and well combined.
6. Transfer the parsnip mixture to a saucepan and mix in nutritional yeast. Bring to boil on medium heat while stirring regularly. Don't allow the sauce to stick to the bottom of the saucepan. Lower temperature and continue to cook for 5 minutes.
7. Combine pasta and vegetables with the preferred amount of parsnip sauce. Serve hot and refrigerate any remaining parsnip sauce.



VEGAN CAULIFLOWER “CACIO E PEPE”

Serves 4

\$4.50
PER SERVING

INGREDIENTS:

- 4 cups cauliflower florets, divided
- ½ cup unsweetened plant-based milk
- ½ cup Nuts for Cheese vegan Un-Briellievable cheese, cut into small pieces + more for serving
- Salt and pepper, to taste
- 2 boxes of Rice and Quinoa Spaghetti

INSTRUCTIONS:

1. Place the cauliflower florets in a pot and cover with cold water. Add a good pinch of salt and let it cook until the vegetables are tender, but not falling apart.
2. Drain the cauliflower well, let it cool down for a few minutes, then add the vegan milk and puree everything using a hand mixer. Continue to puree until you get a homogeneous cream.
3. Add the Nuts for Cheese Unbrie-lievable cheese and a pinch of freshly grated pepper (add salt if necessary). Then place this mixture on the side.



4. Cook the pasta according to the instructions on the box.
5. Once drained, toss your pasta with your sauce, adding more freshly grated pepper to the top of each plate. Serve immediately and enjoy!



EASY GREEK PASTA SALAD

Serves 4

\$7.78
PER SERVING

INGREDIENTS:

- 2 boxes (454g) of Rice and Quinoa Macaroni or other GoGo Quinoa pasta of your choice
- 1 pint of grape or cherry tomatoes sliced into halves or quarters
- 3 Persian cucumbers, sliced into coins
- 1 green bell pepper seeds and ribs removed, sliced
- ½ medium red onion thinly sliced
- ½ cup Kalamata olives
- 8 ounces vegan feta cheese crumbled

For the vinaigrette

- ½ cup of extra virgin olive oil
- ¼ tablespoon red wine vinegar
- 1 clove garlic minced/ or grated
- Salt and pepper to taste
- 1 teaspoon dried oregano

INSTRUCTIONS:

1. Cook the pasta in a pot of boiling and salted water, drain and rinse under cold running water to stop the cooking process and then set aside to cool while you prep the rest of the salad.
2. Prepare the vinaigrette. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, garlic, oregano and salt and pepper to taste.



3. In a large serving bowl, toss the pasta with the tomatoes, cucumber, green bell pepper, onion, olives, and feta cheese.
4. Drizzle the vinaigrette over the salad and toss gently to combine.
5. Serve immediately, or refrigerate in a sealed container for up to 3 days.



ONE POT SUMMER PASTA

by M. Grace Bakeshop

Serves 4

\$3.95
PER SERVING

INGREDIENTS:

- 1 box (227g) of Lentil & Quinoa Fusilli or other GoGo Quinoa pasta of your choice
- 1 zucchini (1/2 inch slices and quartered)
- 1 small onion, chopped
- 1 clove garlic, smashed
- 16 oz cherry tomatoes, halved
- 1 1/2 teaspoon Andean salt
- 1/4 teaspoon red pepper flakes
- 1 cup vegetable broth
- 2 1/2 cups water
- 1 cup frozen corn
- 1 tablespoon basil, chopped
- 2 tablespoons olive oil
- Black pepper, to taste
- 1/4 cup vegan parmesan

INSTRUCTIONS:

Place all the ingredients except for cheese into a large saucepan. Bring to a boil, then lower to medium heat, stirring frequently. Cook for 6-8 minutes until most of the liquid is evaporated.

Remove from heat and stir in the cheese. Cover and let the pasta sit for 5 minutes before serving. Adjust the seasoning with more salt and black pepper. Serve with a few fresh basil leaves on top and a sprinkling of cheese.



QUICK AND DELICIOUS PASTA AND CHICKPEAS (PASTA E CECI)

by The Olive and Mango

Serves 4

\$2.61
PER SERVING

INGREDIENTS:

- 1 can (19 oz) chickpeas rinsed and drained
- 1 bay leaf
- 2 garlic cloves, peeled and minced
- ½ tsp chopped fresh rosemary plus more for the finishing oil
- ¼ teaspoon red pepper flakes
- 2 tablespoons extra-virgin olive oil, plus more for finishing oil
- 1 small yellow onion, finely diced
- 1 cup San Marzano whole tomatoes (about 4-5 tomatoes - approx half a 796ml can of whole canned tomatoes), crushed using your hands
- Salt and black pepper, to taste
- 1 box (227g) of Chickpea & Quinoa Fusilli or other GoGo Quinoa pasta of your choice
- 2 ½ - 3 cups water or vegetable broth plus more to thin out sauce if needed
- Chopped parsley and chili rosemary oil, for garnish



Chili rosemary finishing oil

- 2 to 3 tablespoons olive oil
- 1 clove of garlic, peeled and finely chopped
- 1 teaspoon minced fresh rosemary
- Pinch of salt
- Pinch of red pepper flakes

INSTRUCTIONS:

1. In a medium heavy bottom pot or deep skillet, heat the 2 tablespoons of olive oil over medium heat.
2. When the oil is hot, add the onions and cook, stirring often, until soft and translucent, and just starting to get some color on them.
3. Add garlic and chili flakes and rosemary and cook for a minute until fragrant and then add the tomatoes and paste and then season with salt and cook, stirring occasionally, until the tomatoes have thickened slightly, just a few minutes.
4. Add the chickpeas, pasta and broth or water, and bring to a boil and then lower the heat to a simmer and cook, stirring frequently to keep from sticking, until the pasta is al dente and the sauce has thickened, approx 9-12 minutes.
5. Season with salt and black pepper to taste.



6. Remove from heat and serve immediately garnished with chopped parsley and a drizzle of finishing oil.

TO MAKE FINISHING OIL

1. Heat 2 to 3 tablespoons olive oil in a small saucepan or frying pan over medium-low heat with garlic, rosemary, a pinch of salt and the pepper flakes, until sizzling.
2. Remove from heat just as the garlic starts to get a little color on it.
3. Drizzle this over bowls of pasta e ceci and eat it right away.



VEGAN QUINOA AND PEA BURGERS

\$3.22
PER SERVING

by La Petite Casserole

Serves 4

INGREDIENTS:

- 2 cups of frozen peas
- 3/4 cup of Royal White Quinoa
- 1-2 spring onions, to taste
- A few mint leaves
- 2 tbsp Quinoa Flour
- Olive oil
- Pink salt and pepper, to taste
- To complete: burger buns, sun-dried tomatoes and vegan mayonnaise

INSTRUCTIONS:

1. Rinse the quinoa in cold water and toast it in a pan. Add water at 1 to 1.5 ratio, bring to boil and let simmer for 12-15 minutes.
2. Meanwhile, cook the peas in a pot of boiling water for about 7-8 minutes.
3. Drain both the quinoa and the peas and let cool down.
4. Mix the peas until smooth. Add in the mint, spring onions, quinoa flour, salt and pepper and mix again until smooth.
5. Cover and let rest in the refrigerator for at least 30 minutes.
6. Take the mixture out from the refrigera-

tor, wet your hands and form the burgers.

7. Leave the burgers in the fridge for 15 minutes, then transfer them to a hot non-stick pan with a drizzle of olive oil. Cook on both sides for a couple of minutes, or until the surface is golden brown.

8. You can also cook the quinoa and pea burgers in the oven. Place them on a tray lined with parchment paper, drizzle with olive oil and cook for about 15 minutes at 400°F (200°C).

9. Garnish with sundried tomatoes and mayo and serve.



SHEPHERDESS PIE

\$3.00
PER SERVING

INGREDIENTS:

- 4 medium russet potatoes, peeled and roughly chopped
- 1 small onion, diced
- 4 cloves of garlic, minced
- 1 cup carrots, diced
- 3 cups portobello mushrooms, roughly chopped
- 1 1/2 tbsp fresh sage, roughly chopped
- 1 tbsp fresh thyme, removed from stem
- 1 tbsp fresh rosemary, removed from stem & roughly chopped
- 1/3 cup butter
- 1/4 cup milk
- 1 1/2 cups Royal Tricolor Quinoa cooked
- 2 tbsp olive oil
- 1/3 cup vegan Pinot Noir
- 1 tbsp cornstarch
- 1 tbsp water
- 1 cup frozen peas
- 1 cup vegetable broth
- Chives for garnish

INSTRUCTIONS:

1. Prepare the vegetables and herbs according to ingredients list notes.
2. In a large pot cover potatoes with water. Bring to a boil. Turn down heat and allow potatoes to boil 20 minutes or until they become fork tender. Drain the potatoes. Put the cooked potatoes, plant butter, and almond milk in a medium sized mixing bowl. Using an electric mixer whip the potatoes until smooth and creamy. Set aside and allow to cool.
3. Prepare quinoa according to package directions and reheat oven to 400°F.
4. While the quinoa cooks, add 2 tbsp of olive oil into a large skillet. Add the onions, garlic and carrots and cook on medium heat for 5-7 minutes or until vegetables have started to soften. Add in the mushrooms and cook for an additional 2-3 minutes. Once mushrooms have softened slightly add the herbs and wine. Stir to incorporate. Make sure to scrape the bottom of the pan to get any caramelized bits. In a small bowl mix together the water and cornstarch. Pour the cornstarch slurry into the pan with vegetable. Add in the peas, vegetable broth, and cooked quinoa. Cook an additional 2 minutes. Remove from heat and allow to cool.

5. Once filling has cooled pour it into an oven safe baking dish. Carefully spread the mashed potatoes over the filling making sure to not mix the two together. Bake for 20 minutes or until potatoes become golden and sides begin to bubble. Remove from oven and garnish with chives! Enjoy!



ONE POT VEGAN SPAGHETTI PUTTANESCA

\$3.95
PER SERVING

INGREDIENTS:

- 1 box (227g) of Rice and Quinoa Spaghetti
- 1 tsp of sea salt
- 1 tbsp of olive oil
- 2 cups of fresh mini plums tomatoes or cherry tomatoes sliced in half
- 1/2 cup marinated artichoke heart pieces
- 1/2 cup of pitted green and black olives
- 1/4 cup of capers
- 1/4 cup of fresh basil
- 1 tsp of sea salt
- 1/2 tsp of coarse ground black pepper

INSTRUCTIONS:

1-In a large pot, cook spaghetti as per package instructions with 1 tsp of salt added to water. Before draining reserve 2 cups of pasta water and set aside.

2-Wipe out pot and heat with olive oil. Add halved tomatoes and allow tomatoes to simmer for roughly 5-8 minutes until they start to break down and leave juices on the bottom of the pot, add the artichoke, olives, capers, basil and season with salt and pepper and allow to cook for another 2 minutes, stirring occasionally.

3-Add the pasta into the pan starting with 1 cup of reserved pasta water and using

tongs, toss pasta until coated. You may add additional pasta water to your liking.

4-Transfer to a serving bowl and garnish with additional fresh basil or herbs and salt and pepper and serve immediately!



CRISPY “RANCH STYLE” QUINOA CRUSTED TOFU WITH CREAMY FRESH HERB SAUCE

\$3.76
PER SERVING

by Sara Girard

Serves 4-5

PREP TIME: 25 min

COOKING TIME: 30 min

TOTAL TIME: 55 min

INGREDIENTS:

- 1 block of firm tofu (454 g), cut into slices, then in half on the diagonal to make triangles

FIRST MIXTURE

- 1/3 cup cornstarch
- 3 tbsp nutritional yeast
- Salt and black pepper, to taste

SECOND MIXTURE

- 1/3 cup of plant-based milk
- Salt and black pepper, to taste

THIRD MIXTURE

- 1 cup GoGo Quinoa Royal white quinoa, cooked in 1 cup vegetable broth and cooled
- 1 tbsp nutritional yeast
- 1 ½ tsp dried parsley
- 1 ½ tsp dried chives
- 1 tbsp garlic powder
- 1 tbsp onion powder
- Salt and black pepper, to taste

CREAMY HERB SAUCE

INGREDIENTS:

- 2 tbsp vegetable margarine
- 2 shallots, minced
- 2 cloves of garlic, finely chopped
- 1/4 cup of white wine
- 2 tbsp all-purpose flour
- 1 cup of plant-based milk
- 1 cup vegetable broth
- 1 cup soy cream (or coconut milk)
- 3 tbsp. nutritional yeast
- 1 1/2 tsp Dijon mustard
- A pinch of cayenne pepper (to taste)
- Salt and black pepper, to taste
- A handful of each: fresh basil and parsley, chopped

INSTRUCTIONS:

1-Pour the quinoa and the vegetable broth into a saucepan. Cover and bring to a boil. Once reached, reduce the heat to medium-low and continue cooking until the quinoa has popped open, 10 to 15 minutes. Remove the pan from the heat and let cool completely.

2-Preheat the oven to 425 F and line a baking sheet with parchment paper. Divide the 3 mixtures into 3 separate deep bowls.

3-Cut the tofu. Gently dip each slice in the mixture of cornstarch (tapping off excess), milk and then quinoa. Gently crush the quinoa mixture with your hands over the tofu so that it adheres evenly in a thin layer. Repeat the steps. Place on prepared baking sheet. Using cooking spray, lightly oil before baking for 20-25 minutes. Turn over halfway through cooking.

4-Meanwhile, bring a pot of salted water to a boil then cook the GoGo Quinoa pasta of your choice following the instructions on the box.

CREAMY HERB SAUCE

5-Chop the shallots and garlic. Melt the margarine in a large, deep skillet over medium-high heat then sauté the vegetables for 2 minutes. Pour in the white wine and let evaporate. Sprinkle the flour and mix to integrate. Then, pour the vegetable milk and the vegetable broth. Bring to a boil and let thicken for 2 minutes.

6-Reduce the heat to low then add the soy cream, nutritional yeast, Dijon mustard, cayenne pepper, salt and pepper to taste then add the chopped fresh herbs. Mix.

7-Drain the pasta then add it to the sauce. Mix to coat.

8-Serve a few slices of tofu on a bed of pasta and garnish, if desired, with chopped fresh herbs and nutritional yeast.



HOW TO FREEZE QUINOA?

Step 1:

COOK THE QUINOA ACCORDING TO THE INSTRUCTIONS ON OUR PACKAGE

(we assume you're using our quinoa, right?)

Although our quinoa grains are already pre-washed, rinsing it with cold water is never a bad idea to make sure all the saponin is removed. For quinoa connoisseurs (or those with discerning palates), rinsing also hydrates the seeds, improving their final texture and making them fluffier.

Toast the quinoa with a little oil at the bottom of your pot to bring out the oils and nutty flavors. Then add your liquid at 1 to 1.5 ratio, bring to a boil and simmer for 12-15 minutes.

Depending on how you plan on using your quinoa, you can cook your quinoa using vegetable broth or miso for a more savoury flavour. For sweeter recipes, or if you're not sure how you'll be using your quinoa in the future, it is best to simply use water to maintain a neutral flavor profile.



Step 2:

COOL COMPLETELY

This is the most crucial step. Allowing the quinoa to cool completely will help maintain the quality and fluffy texture of the grain once thawed. If you don't, the moisture from the quinoa will cause ice crystals to form on the surface of the grain and result in a mushy or grainy texture.

Step 3:

PORTION AND FREEZE FLAT

Transfer your quinoa into freezer-safe bags or airtight containers, removing as much air as possible and patting it into an even layer, to avoid the formation of hot spots (which can lead to freezer burn!)

For optimal freezing, divide the quinoa into individual portions, either 1, 2 or 4 portions per container (depending on the number of people in your household!) and mark your container or bag with the date of freezing and the number of portions.



Step 4:

THAWING

When you're almost ready to eat your quinoa, you can place it in your refrigerator to thaw overnight or leave it on your counter for a few hours. If you're in a rush to eat your quinoa (we get it), you can also reheat it directly from frozen, transferring it to a microwave-safe dish and heating in 30 second intervals.



HOW LONG WILL FROZEN QUINOA STAY GOOD?

If properly stored, frozen quinoa will last about 8 to 10 months in your freezer, whereas it will last only a week in your fridge.

WHY SHOULD I FREEZE QUINOA?

Freezing quinoa is convenient, saves you time and can help reduce your food waste! So we're asking you, why shouldn't you freeze quinoa?

GO GO QUINOA®

Thank you for your interest and we hope you enjoyed this ebook as much as we enjoyed making it!

More recipes at
gogoquinoa.com



TASTE THE WELL-BEING



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