

## Healthy Seeds: Chia

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### What should you know about Chia?

Chia is an edible seed that comes from the desert plant *Salvia hispanica*, a member of the mint family that grows abundantly in southern Mexico. Revered by the early Aztec and Mayan cultures, chia seeds are a superfood packed with fiber, protein, omega-3 fatty acids, and antioxidants. In pre-Columbian times Chia seeds were a main component of the Aztec and Mayan diets and were the basic survival ration of Aztec warriors. The Aztecs also used Chia medicinally to stimulate saliva flow and to relieve joint pain and sore skin.

Chia is very rich in omega-3 fatty acids, even more so than flax seeds. Chia seeds also provide fiber (25 grams give you 6.9 grams of fiber) as well as calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc. These mighty non-gluten seeds are making a strong comeback in the 21st century. You can find black and white Chia seeds- the main difference being visual, with the white seeds preferred for some baking recipes. Chia seeds are versatile for use in recipes both savory and sweet, including yogurt and oatmeal, pasta, or in smoothies, added to sauces as a thickener and to muffins and cakes as an egg replacement.

### 5 Good Reasons To Start Eating Chia

#### 1. Help weight loss.

They reduce food cravings by preventing some of the food that you eat from getting absorbed into your system. This blockage of calorie absorption makes them a great diet helper.

#### 2. Feel fuller faster:

They absorb 10 times their weight in water; forming a bulky gel, help your diet by making you feel full.

#### 3. Omega-3:

Another unique quality of the Chia seed is its high oil content, and the richest vegetable source for the essential omega-3 fatty acid. It has approximately three to ten times the oil concentrations of most grains.

#### 4. Benefits from Calcium:

The Chia seed is also a rich source of calcium as it contains the important mineral boron, which acts as catalyst for the absorption and utilization of the calcium by the body. According to the *Al Dente Pasta* company - [www.aldentepasta.com](http://www.aldentepasta.com) - "...chia (is) a rediscovered ancient grain and superfood - twice the protein of any other seed or grain and five times more calcium than milk."

### **5. Benefits for diabetes:**

Because chia seeds slow down how fast our bodies convert carbohydrates into simple sugars, studies indicate they can control blood sugar. This leads scientists to believe chia seeds may have great benefits for diabetics.

**Eat more Chia - it's so easy especially if you like smoothies...**

### **Pina Colada Chia Smoothie**



#### *Ingredients:*

- 1 banana
- 1 orange, peeled, seeded, and chopped
- 1 cup pineapple cut small
- 1 cup ripe mango cut small
- 1 cup coconut milk
- 1 cup pure cold water
- 2 Tablespoons Chia seeds (as Nutiva Organic White Chia Seed)

#### *Directions:*

Soak the Chia seeds in the coconut milk & water mixture for at least 10 minutes. Add to blender. Blend all the ingredients together until smooth. Enjoy.

## In the mood for Chia Pasta...

### Al Dente® BonaChia™ Linguine, with spinach, raisin and walnuts



#### *Ingredients:*

- 1 bag Al Dente® BonaChia™ Linguine, or any other cut/ flavor ( made with Chia)
- 1 pkg baby spinach, prewashed
- 1/2 cup golden raisins
- 1/2 c toasted walnuts (broken into smaller pieces)
- 1 Tbsp. olive oil
- salt and pepper to taste
- lemon slices to garnish, if desired

#### *Directions:*

Bring pot of water to boil. In a large serving bowl add prewashed baby spinach, and golden raisins with one Tbsp. of the olive oil. Cook pasta for just 3 minutes, drain reserving 1/2 cup of the cooking liquid. Toss pasta with spinach, raisins, and toasted walnuts. Add a little of the reserved cooking liquid as desired to make a light sauce. Garnish with lemon slices if you like. For more fantastic pasta recipes visit [www.aldentepasta.com/recipes](http://www.aldentepasta.com/recipes). Wellness Recommended !



**Add a few ...**

## Chia meatballs with Gorgonzola cheese



### *Ingredients:*

- ½ pound lean ground beef
- ½ pound ground turkey
- 1 egg lightly beaten
- ¼ cup finely crumbling the Gorgonzola cheese
- ¼ cup chicken broth or water
- 2 tablespoons Nutiva Organic ground Chia seeds
- 1 onion finely chopped
- 2 clove garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup soft bread crumbs
- cooking oil

### *Directions:*

Mix well all ingredients together in a mixing bowl. Form into meatballs and cook gently in a nonstick pan turning a couple of times. Bake uncovered, in preheated oven about 15 minutes or until done; drain off fat.