Western Illinois University’s department of Dietetics, Fashion Merchandising, and Hospitality offers healthy cooking classes each semester to faculty and staff of the university. On February 25, 2015, a student researcher incorporated an Honor’s project into the Community Nutrition quinoa cooking class. IRB approval was obtained prior to the cooking class. The student researcher was responsible for menu creation, supply acquisition, survey design, along with leading the class and providing nutrition education. Three recipes were included: Quinoa Stuffed Bell Peppers, Tomato Mozzarella Quinoa Salad, and Apple Cinnamon Quinoa Bites. Participants were educated on different ways to prepare quinoa. Both nutritional content and health benefits of quinoa were presented during the class. The benefits of quinoa’s fiber content on the gastrointestinal tract, cardiovascular risk, and vitamin content were the health and nutritional benefits discussed in detail. Participant volunteers completed identical pre-test and post-test surveys to determine the impact of the class on nutrition knowledge regarding quinoa. It should be noted that only 54% of the 13 participants had tried quinoa before the class. Improvements in nutrition knowledge regarding quinoa’s gluten content, folate content, and antioxidant abilities were seen on post-test survey results. Wilcoxon signed-rank test was determined using SPSS and results will be presented. This study demonstrates the effectiveness of nutrition education during a small, personalized cooking class.