

QUINOA OMELETTE BITES

INGREDIENTS

- 1/2 C** Quinoa
- 1 C** Vegetable Broth
- 1/2 C** Mozzarella (low fat) **OR** cheddar cheese (low fat) (shredded)
- 1/2 C** Egg substitute
- 1 clove** Garlic (minced)
- 1** Salt
- 1/3 C** Spinach leaves (fresh) (chopped)
- Non-stick cooking spray



DIRECTIONS

- 1** Place the vegetable broth in a covered 3 qt pot & then bring to a boil
- 2** Add the quinoa to the broth & lower the heat to medium & recover the pot
- 3** After 15 - 20 minutes the quinoa should be cooked
- 4** If it's not cooked enough, uncover the pot & cook for another 5 minutes
- 5** Pre-heat oven to 350 F & spray a muffin/cupcake tin with cooking spray
- 6** In a medium bowl, mix the warm quinoa with the cheese to melt the cheese
- 7** Add the egg whites, garlic, salt & spinach leaves
- 8** Stir all the ingredients & then spoon the mix into the muffin tins, filling to the top
- 9** Bake for 20 minutes & then remove from oven & allow to cool for 10 minutes
- 10** Run a small plastic knife around the edges to loosen & pop out of the muffin tin
- 11** Depending on when you serve the bites, you might have to re-warm them

NOTES

- 1** If your quinoa is not from Ancient Harvest, you have to pre-soak according to directions on the box
- 2** Makes 12 'bites'