

CROCKPOT QUINOA WITH TOMATO & SPINACH

INGREDIENTS

- 1 Onion (sliced)
- 1 T Garlic Olive Oil
- 1/2 C Quinoa (rinsed)
- 1 1/2 C Coconut Milk **OR** Almond Milk **OR** Rice Milk **OR** Milk (non-fat or low fat)
- 1 1/2 C Egg substitute **OR** 6 eggs
- 1/2 t Salt
- 1/8 t Pepper
- 1/2 C Spinach (frozen) (chopped) **OR** use fresh spinach **OR** use Kale
- 3/4 C Tomatoes (grape) (cut in 1/2)
- 1/4 C Cheddar Cheese (grated) **OR** Vegan Cheddar cheese (shredded)
- 1/4 C Parmesan cheese (grated) **OR** Vegan Parmesan cheese (shredded)
- Non-stick cooking spray



DIRECTIONS

- 1 Add the oil to a saute pan & heat the pan to a medium - high heat
- 2 Add the onion slices & cook until onions are translucent (see thru)
- 3 In a medium sized bowl, whisk the egg substitute
- 4 Add quinoa, milk, salt, pepper, sauteed onions & whisk until combined
- 5 Gently mix in spinach, tomatoes & cheddar cheese
- 6 Spray crock pot with non-stick spray
- 7 Add egg quinoa mix to crock pot
- 8 Top with Parmesan cheese
- 9 Cover and cook on high for 2 - 4 hours until eggs are set & edges are lightly browned

