

# FLAX SEED CHEESY QUINOA BALLS OR TIMBALES

## INGREDIENTS

- 1/4 C** Sun dried tomatoes (chopped)
- 1/4 C** Water (to cover the sun dried tomatoes)
- 9 T** Flax Seed (meal)
- 2 C** Vegetable broth
- 1 C** Quinoa (See note below)
- Pinch** Salt
  
- 3/4 C** Egg substitute
- 1 T** Corn
- 2 T** Basil (chopped)
- 1/4 C** Mozzarella cheese (use low fat string cheese) (grated)
- 1 T** Nutritional yeast
- 1/4 t** Sea salt **OR** Herbamare (sea salt, herbs & vegetable seasoning mix)
- 1/4 t** Pepper (to taste)
- Pinch** Red pepper flakes (optional)
- Non-stick cooking spray **OR** Parchment paper



## DIRECTIONS

- 1** Soak sun dried tomatoes for 20 minutes in water, drain the water but save it for the flax seed
- 2** Mix soaking water from sun dried tomatoes with water & ground flax mixing thoroughly
- 3** Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 4** When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 5** If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 6** In a large bowl add quinoa, sun dried tomatoes, flax seed & all other ingredients, mixing well
- 7** Preheat the oven to 375 F

## BAKING QUINOA BALLS

- 1** If you prefer the quinoa balls to be crisp, raise the temperature to 400 intensive **OR** 425 F
- 2** Prepare a cookie sheet with parchment paper **OR** non-stick cooking spray
- 3** With damp hands, scoop up a small amount of the mix & shape into a ball
- 4** Place the balls on the sheet
- 5** Spray the tops of the quinoa balls with non-stick cooking spray if you prefer them crisp
- 6** Bake for 10 minutes & then turn the balls over & bake an additional 10 minutes or until golden & cheese is melted

## NOTE

- 1** If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa
- 2** Freezes well

**SEE PAGE 2 FOR THE BAKING METHOD FOR QUINOA TIMBALES**

# FLAX SEED CHEESY QUINOA TIMBALES

## BAKING QUINOA TIMBALES

- 1 Pre-heat oven to 375 & spray non-cooking spray in the 12 sections of a cupcake tin
- 2 With damp hands, scoop up a small amount of the mix & shape into a ball
- 3 Place a ball in each of the sections & flatten it to fill up the space
- 4 Lightly spray the tops with the non-stick cooking spray & then bake (30 - 40 minutes)
- 5 Make sure the top is solid
- 6 Take a toothpick & stick it down the middle of one of the timbales
- 7 If it comes out clean, then remove them from the oven
- 8 Make sure to allow them to sit for at least 15 minutes in the cupcake pan
- 9 Use a plastic knife to separate the timbales from the pan & move them to a rack to cool

