

QUINOA QUICHE TOTS

Recipe from Jordan Tickle | www.eatingwithtickle.wordpress.com

INGREDIENTS

1/2 c. Quinoa (uncooked)
4 Egg Whites
2 Egg Yolks
3 Tbsp. Grated Parmesan Cheese
1/4 tsp. Seasoning Salt
1/8 tsp. Garlic Powder
1 tsp. Diced Onion (dried or fresh)
Pepper to taste
1/2 c. Chopped Mushrooms
1 c. Chopped Spinach
1/4 c. Diced Fresh Tomatoes



DIRECTIONS

- Cook the quinoa, per package directions and let cool for 5 minutes.
- Beat eggs in a large bowl until well mixed, then add Parmesan cheese and thoroughly mix.
- Add the quinoa to the egg mixture a little at a time to “temper” the eggs so they don’t scramble with the hot grains. Mix well.
- Add the salt, garlic, onion and pepper. Mix well.
- Add the diced vegetables and mix.
- Spray a mini-muffin pan (I use a 24 count pan) with oil or non-stick spray and divide the mixture evenly among the cups using a large tablespoon.
- Bake the “tots” at 350°F for 25-30 minutes, until they begin to brown.
- Let cool 5 minutes to help set and bind the tots, before serving. Store any leftovers in the refrigerator.

TIPS

- You can create your own flavor combinations by adding any vegetable combination you think you would enjoy! Adding some bacon or ham would be delicious, I’m sure!
- Try broccoli, cheddar cheese and red onion - or maybe a southwest version with diced bell peppers, tomatoes and some crushed red pepper flakes! (Or maybe a drained can of Rotel)
- Customize these to be something you enjoy!

