

JALAPENO CHEDDAR QUINOA CAKES

INGREDIENTS

- 4 C Vegetable broth (Imagine or Trader Joe's)
- 2 C Quinoa (see note below)

- 1/2 C Quinoa flour
- 4 T Flax seed (ground)
- 1/2 C Egg Substitute
- 1/2 C Corn
- 2/3 C Low fat Cheddar Cheese
- 2 T Nutritional yeast
- 1/4 t Salt
- 1/4 t Pepper
- 1/2 t Chili powder
- 2 T Cilantro (chopped)
- 2 T Jalapeno Pepper (seeds removed) (chopped)



COOKING DIRECTIONS

- 1 Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Preheat oven to 350
- 5 Whip the egg substitute & the flax seed
- 6 Add cooked quinoa & mix in the remaining ingredients

BAKING METHOD # 1

- 1 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 & lightly spray non-cooking spray
- 4 Bake at 375 for 30 - 40 minutes or until the top feels solid
- 5 Make sure to allow them to sit for at least 15 minutes before you move them to a rack to cool

BAKING METHOD # 2

- 1 Prepare a cookie sheet with parchment paper
- 2 With damp hands, scoop up a small amount of the mix & shape into a ball
- 3 Place the balls on the sheet & bake for 20 minutes
- 4 Turn the balls over & bake for 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

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