

BAKED QUINOA CRUSTED FISH FILLETS

INGREDIENTS

- 1/2 C Quinoa
- 1 C Vegetable Broth **OR** Water
- Pinch Salt

- 1/3 C Flax meal
- 1/2 C Egg substitute
- 4 Flounder fillets **OR** any fillet of your choice
- Pepper (to taste)
- Garlic Salt (to taste)
- Cumin (to taste)
- Smoked paprika (to taste)
- Non-stick cooking spray



DIRECTIONS

- 1 In a 3 qt pot, add the pinch of salt, broth **OR** water & bring to a boil
- 2 Mix the quinoa into the water & cover the pot
- 3 After 20 minutes, mix the quinoa to see if your liquid has been absorbed
- 4 If it has been absorbed, take the pot off the stove top & allow it to cool
- 5 Pre-heat oven to 450 F & spray baking sheet with vegetable cooking spray
- 6 Place the flax meal in 1 shallow bowl, the egg substitute in a 2nd shallow bowl & the quinoa in a 3rd shallow bowl
- 7 Dip each fillet in the ground flax meal, then in the egg substitute & then in the quinoa
- 8 Make sure to press the fish into the quinoa to make sure it sticks
- 9 Place fish on baking sheet & spray fish with vegetable cooking spray
- 10 Bake for 10 minutes or until fish is done

NOTES

- 1 Serves 4
- 2 You can serve fish topped with your favorite salsa
- 3 You can serve fish topped with Garlic Roasted Vegenaïse **OR** Basil Pesto Vegenaïse

