

## RED QUINOA LOAF

### INGREDIENTS

- 1/2 C** Red Quinoa (See note below)
- 1 C** Vegetable broth (See note below)
  
- 1/2 C** Walnuts (chopped)
- 1** Green onion (minced)
- 3 T** Cashew butter
- 1 T** Tamari Sauce (low sodium)
- 1 t** Sage
- 3 t** Thyme
- Non-stick cooking spray



### COOKING INSTRUCTIONS

- 1** Take a 2 qt. pot & put in the vegetable broth at a medium high temperature
- 2** When the stock boils, add the quinoa & mix thoroughly with the broth
- 3** Cover the pot & when it boils turn the heat down to it's lowest temperature
- 4** Check the quinoa after 15 minutes & if there's still liquid continue cooking with the cover off
- 5** For this recipe make sure the quinoa has no liquid at all left
- 6** When it's done (It should like rice would) use a fork to make sure it isn't clumping
- 7** Preheat oven to 375 & spray a loaf pan with non-stick cooking spray
- 8** Bake until the edges are firm (35 - 45 minutes)

### NOTES

- 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** Trader Joe's Low Sodium Vegetable broth is recommended because of its flavor & color
  
- 3** This recipe can also be used to make Red Quinoa Timbales