

ZUCCHINI & CHEESE QUINOA LATKES OR TIMBALES

INGREDIENTS

- 2 C** Trader Joe's vegetable broth **OR** Imagine vegetable broth
- Dash** Salt
- 1C** Quinoa (raw)

- 3/4 C** Mozzarella cheese (low fat) **OR** cheddar cheese (shredded)
- 1/2 C** Cottage cheese (not fat)
- 1 C** Zucchini (grated & squeezed to remove the extra water)
- 3/4 t** Egg substitute **OR** 3 eggs
- 3/4 C** Quinoa flour **OR** Whole Wheat Pastry flour **OR** gluten-free flour of your choice
- 1 t** Baking Powder
- 2** Green onions (Scallions) (chopped)
- 1/4 t** Cumin
- 1/8 t** Sea Salt & black pepper (to taste)
- 1/8 t** Garlic powder (to taste)
- 1/8 t** Smoked paprika (to taste)
- Non-stick cooking spray **OR** Healthy oil



DIRECTIONS

- 1** Bring water & the salt to a boil & add the Quinoa & mix it into the water
- 2** Reduce the heat to low & cover the pot
- 3** Cook for 18-20 minutes or until all the water is absorbed
- 4** Take the cover off & allow to cook until no more steam rises (approximately 5 minutes)
- 5** In a large bowl combine quinoa, cheese zucchini, egg, flour, green onions sea salt, pepper, cumin, garlic powder & smoked paprika

PAN FRYING LATKES

- 1** Spray cooking spray or use enough healthy oil to coat a saute pan
- 2** Set the heat at medium high & when it's hot, drop the latke mix 1/2 C at a time making sure to have space inbetween the latkes
- 3** When the bottom is golden brown flip them
- 4** When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

BAKING LATKES

- 1** Pre-heat oven to 450 F & spray a baking sheet with non-stick cooking spray
- 2** Fill a 1/4 C with mix & drop it onto baking pan
- 3** Flatten latkes slightly & spray the tops with non-stick cooking spray
- 4** Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5** Gently flip latkes
- 6** Bake 8-10 minutes longer or until at least golden

Continued on Page 2

ZUCCHINI & CHEESE QUINOA TIMBALES

BAKING TIMBALES

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
You can tell if they're done if they feel solid when you push down on the top
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 Let them cool completely
- 7 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder