

August 4, 2018



HOLIDAY SAVORY QUINOA NUT MUFFINS, SERVES 12

This mix can also be prepared as a *Quinoa Nut Loaf* for an alternative to a holiday meatloaf. Quinoa is a gluten-free seed (not a grain) that is a complete protein!

Choose organic ingredients when available:

- 1 ½ cups cooked RTE Cuisine (recipe-ready) quinoa
- 1 cup walnuts
- 1 tablespoon olive oil
- 1 sweet yellow onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 cup cremini mushrooms (about 75 grams), finely chopped
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- ½-cup freshly grated Parmesan cheese
- 1 cup farmer cheese
- 3 large eggs, lightly beaten

- 2 tablespoons fresh flat-leaf parsley, chopped
- ½ teaspoon red pepper flakes
- 1/8-teaspoon salt

Directions:

1. Preheat oven to 350 degrees F (190 degrees C). Lightly oil a 12-cup muffin tray and set aside.
2. Place walnuts in a plastic bag and crush with a mallet or roll with a rolling pin. Set aside.
3. In a large skillet, heat oil on medium to high, then sauté onion and garlic until onion is translucent, about 3 minutes.
4. Add mushrooms, sage, and thyme to the skillet. Stir about 5 minutes. Transfer mushroom mixture into a large mixing bowl.
5. Add quinoa, walnuts, Parmesan cheese, farmer cheese, eggs, parsley, salt, and red pepper flakes into mushroom mixture until combined. Evenly pour the mixture into the cups of the muffin pan.
6. Bake in preheated oven until muffins are golden brown, 30 to 40 minutes. Allow muffins to cool in pan before inverting muffin tray.

Yield: 12 savory muffins

Bon Appetit!