

If you are craving “comfort food” but want to stay health conscious, try this pizza-inspired recipe. These delicious bites can be served as an appetizer, snack or entrée for both kids and adults! You can also be creative and mix in your favorite pizza toppings!

Quinoa Pizza Bites

Makes: 2 servings

Ingredients:

- ½ c. uncooked quinoa
- 1 large egg
- ½ c. chopped onion
- ½ c. fat free shredded mozzarella
- 1 tsp. minced garlic
- 1 T. dried basil
- 1 tsp. dried oregano
- Pinch of salt
- Pizza sauce for dipping



Directions:

1. Boil quinoa with 1 c. of water and cover. Once boiling, reduce heat to low, and let it simmer for about 15-20 minutes, until water is absorbed and quinoa is tender.
2. Preheat oven to 350 degrees F. Combine all of your ingredients (except the pizza sauce) in a mixing bowl until it is well mixed.
3. Lightly spray the bottom of the mini-muffin tin with cooking spray. Scoop about 1 tablespoon into each muffin tin; it should fill almost all of them.
4. Bake them for 15-20 minutes and let cool. Serve them warm with pizza sauce to dip in.

Quinoa (KEEN-wah) is an ancient grain high in protein and fiber. This nutritious grain is indigenous to Bolivia and Peru, where ancient Incas held the crop to be sacred and referred to it as chisaya mama or “mother of all grains”. During the Spanish conquest of South America, the conquistadors forbade quinoa cultivation for a time and the Incas were forced to grow wheat instead. Today, quinoa is grown in the U.S. in the Rocky Mountains due to the similar terrain and climate of the Andes mountain range in South America, but it can be found all over the world.

Quinoa has become popular in the U.S. food industry in recent years and has been regarded as a superfood. It’s protein content is very high for a cereal, is gluten free, and is a rich source of B vitamins thiamine, riboflavin, vitamin B6, and folate. It is also a rich source of the dietary minerals iron, magnesium, phosphorous, and zinc. This versatile grain can be used in soups, stuffing, salads, casseroles, or be paired with an assortment of vegetables. You can find it at your supermarket packaged as a grain in red or black or white varieties, or in pasta form, and sometimes even ground into flour.