

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Veggie and Bean Quinoa Bites

These bites are the perfect addition to a school or work lunch. Serve them alongside your favourite veggies and fruit.

<b>Recipe Name:</b>	Veggie and Bean Quinoa Bites
<b>Recipe By:</b>	Adapted from <a href="http://www.nutritioulicious.com">www.nutritioulicious.com</a> by Antonia Harvey, P.Dt
<b>Short description of recipe:</b>	They can be stored in an airtight container in the fridge for up to 4 days, or in the freezer.
<b>Makes</b>	4 – 6 servings
<b>Ingredients:</b>	1 cup cooked quinoa 1 cup canned chickpeas, drained and rinsed ½ cup frozen sweet peas or diced zucchini ½ cup diced tomatoes ½ cup diced red, orange, or yellow bell pepper ½ cup chopped fresh basil 1 clove garlic, minced 1 whole egg 2 egg whites 1 cup grated cheese ¼ teaspoon salt
<b>Instructions:</b>	<ol style="list-style-type: none"><li>1. Preheat oven to 350°F. Thoroughly grease a 24-cup mini muffin tray.</li><li>2. In a large bowl, combine the quinoa, chickpeas, peas or zucchini, tomatoes, pepper, basil, and garlic.</li><li>3. In a small bowl, beat the egg and egg whites. Pour over the quinoa mixture. Add the cheese and salt, and stir well to combine.</li><li>4. Fill each cup of the muffin tin with 1 – 1 ½ tablespoons of the quinoa and vegetable mixture. Bake for 30 minutes.</li><li>5. Remove from the oven and let cool about 5 minutes or until the bites are cool enough to handle. Transfer to a wire rack to finish cooling.</li></ol>