

Onion Quinoa Bites

Prep Time: 25 minutes
Cook Time: 10 minutes
Total Time: 35 minutes

Yield: 4 servings
Calories per serving: 274
Fat per serving: 7.8g

Ingredients

- 2 cups cooked quinoa
- 1 large onion, chopped
- ¼ cup cheddar cheese or Daiya (optional)
- ¼ cup chopped chives
- ¾ cup quinoa flour (I prefer toasted – or flour of choice)
- ¼ teaspoon cayenne pepper
- 1 teaspoon sea salt
- 2 eggs or flax eggs (2 tablespoons ground flax seeds + 6 tablespoons warm water)
- 1 tablespoon lemon juice
- Coconut or organic canola oil, for cooking

Instructions

1. If using flax eggs, combine ground flax seeds with warm water and mix well. Set aside to thicken. (Skip this step if you are using eggs.)
2. In a medium bowl combine quinoa, cheese, onion and chives. Add flour, cayenne pepper and sea salt. Toss until coated.
3. Beat eggs and lemon juice together. Combine with quinoa mixture and mix well.
4. Form into small balls and refrigerate for 15 minutes.
5. Heat a large skillet to medium heat and coat well with oil. (Make sure you allow your skillet to get warm before adding quinoa) Cook for 5 to 7 minutes per side or until brown.

Notes

Servings 4, Calories 274, Fat 7.8g, Carbohydrates 38.4g, Protein 11.9g, Cholesterol 89mg, Sodium 549mg, Fiber 4.3g, Sugars 2.7g, WW Pts 6

To make the dipping sauce combine 1/2 cup Greek yogurt or vegan sour cream with 2 teaspoons minced garlic (more or less to taste), 2 tablespoons chopped fresh chives, 1/2 teaspoon sea salt, 1/4 teaspoon fresh ground pepper and 1/8 teaspoon cayenne pepper (optional). Mix well and refrigerate until ready to serve.

Never toasted quinoa flour? It's really simple but completely optional. I do it because I love the nutty and less earthy taste that it brings out. All you need to do is line a baking sheet with parchment paper and spread the flour out to about 1/4 inch deep. (I do a box at a time.) Bake on 220 degrees for 2 1/2 hours. Allow to cool completely and then store in a sealed container in the refrigerator or freezer.

<http://www.cookingquinoa.net/onion-quinoa-bites>