

7 Day Menu for October 2018

Pumpkin Pecan Granola



Makes 4 1/2 cups of granola

Total time: 30 minutes

Ingredients

3 cups rolled oats (gluten-free for GF eaters)
1 1/4 cups raw pecans
1/3 cup raw pepitas
3 Tbsp sugar
¼ tsp sea salt
3/4 tsp pumpkin pie spice (I also added an extra dash cinnamon)
1/4 cup coconut or olive oil
1/3 cup maple syrup (or sub agave or honey if not vegan)
1/3 cup pumpkin puree

Preparation

Preheat oven to 340 degrees F (171 C). Mix the oats, nuts, seeds, spices, sugar, and salt together in a large bowl. In a small saucepan over medium-low heat, warm the coconut oil, maple syrup, and pumpkin puree and whisk. Pour over the dry ingredients and quickly mix with a wooden spoon. Spread the mixture evenly onto two baking sheets (or bake in two batches // adjust if altering batch size) and bake for 23-33 minutes, stirring a bit near the halfway point. If you prefer chunkier granola, don't stir as it breaks up the clusters. Instead, just rotate the pans at the halfway point to ensure even cooking. Once the granola is golden brown (usually about 25 minutes), remove from oven and let cool completely. It will crisp up as it cools. Transfer to an airtight container. Should keep for a couple weeks. Enjoy with almond milk, dairy-free yogurt, or on top of oats!

By <https://minimalistbaker.com/pumpkin-maple-pecan-granola/>

Cauliflower Pizza Crust



Makes 4 servings

Total time: 1hour 5 minutes

Ingredients

2 pounds cauliflower florets , riced
1 egg , beaten
1/3 cup soft goat cheese (chevre)
1 teaspoon dried oregano
pinch of salt

Preparation

Preheat the oven to 400°F. If using fresh cauliflower, fill a large pot over medium heat with an inch of water. Fit a steamer basket into the pot, then pour the raw cauliflower into the steamer basket. Bring the water to a boil and cover the pot, steaming the cauliflower until it is very tender and can be pierced with a fork.

If using frozen cauliflower, be sure to thaw it completely before getting started, then continue with the following steps.

Pour the completely thawed, or freshly steamed, cauliflower into a large food processor fitted with an "S" blade. (You may have to do this in batches if you have a smaller food processor.) Process until a rice-like texture is created. If you bought frozen riced cauliflower, you can skip this step and proceed to the next one.

Transfer the "rice" to a clean, thin dishtowel. Wrap up the steamed rice in the dishtowel, twist it up, then SQUEEZE all the excess moisture out! (Be careful if your cauliflower is still hot-- you may want to let it cool before handling.) A lot of extra liquid will be released, which will leave you with a nice and dry pizza crust.

In a large bowl, mix up the squeezed-out rice, egg, goat cheese, and spices. (Don't be afraid to use your hands! You want it very well mixed.) It won't be like any pizza dough you've ever worked with, but don't worry-- it'll hold together!

Press the dough out onto a baking sheet lined with parchment paper. (It's important that it's lined with parchment paper, or it will stick.) Keep the dough about 1/4" to 1/2" thick, and make the edges a little higher for a "crust" effect, if you like.

Bake for 30-35 minutes at 400F, until dry and golden. Use the parchment paper to flip the crust over, and bake again until the other side is nice and dry, about 10 to 15 more minutes.

Add your favorite pizza toppings to the crust, such as sauce and cheese, then return the pizza to the 400F oven. Bake an additional 5-10 minutes, just until the cheese is hot and bubbly. Slice and serve warm.

Recipe Notes

Time-Saving Tip: I recommend making a double-batch of cauliflower pizza crusts. Make one for now, and save one for later. After baking the crusts, wrap up the extra pizza crust in foil, and FREEZE it for a quick "frozen pizza" to enjoy another night! All you need to do is add toppings and bake at 400F, until the cheese is hot and bubbly.

I have found that goat cheese creates the best texture with this crust, but other readers have reported using other types of cheese with success. Feel free to experiment as needed, and please report your results in the comments below so we can all benefit from your experience.

By <https://detoxinista.com/the-secret-to-perfect-cauliflower-pizza-crust/>

Vegetarian Baked Beans



Makes 8 servings

Total time: 3 hours 55 minutes

Ingredients

1.5 cups of small dried white beans, soaked overnight (measured before soaking - see recipe note if you forget to soak them) navy or great northern beans work best. If you don't have dried you may use 4.5 cups of drained canned beans

1 large onion, chopped finely

3 large cloves of garlic, chopped finely

3 cups canned crushed tomatoes (see recipe note)

¼ cup apple cider vinegar

1/3 cup maple syrup

2 tablespoons blackstrap molasses

1 heaping tablespoon mustard (any wet variety)

1 teaspoon ground cumin

1 large bay leaf

1 teaspoon dried rosemary

1/2 teaspoon chili flakes or powder (to give flavour not heat)

2 teaspoons salt
1 teaspoon pepper
1 heaping tablespoon smoked paprika , OR liquid smoke, (see recipe notes for advice on amounts)
DO NOT use both. They both give good results.
1 cup of water

Preparation

Cook the soaked beans by draining off the soaking water, cover with fresh water and bring to a boil then simmer for 40 minutes (if using canned beans skip this step). Once the beans have cooked for 40 minutes drain them.

Slow Cooker Method

Add all ingredients to your slow cooker. Cook on low for 8 hours – 10 hours or on high for 5 hours.

Stove Top or Oven Method

Sauté onions and garlic until transparent. Add the rest of the ingredients and cook over a medium heat until just starting to bubble. Turn down to low, cover and cook for around 3 hours or until the beans are very soft and the sauce is thick and rich. Check them often and stir to make sure they aren't sticking to the bottom or drying out. If they are, just add a few drops of water to bring them back to the consistency you want. If baking in the oven once a simmer has been reached transfer to a covered oven proof dish and bake in a preheated oven on 300 ° F for 3 - 4 hours or until the beans are soft and the sauce is thick and rich. Check every hour or so to make sure they are ok and not drying out.

Recipe Notes

If you forget to soak your beans you can use the quick soak method. Put the beans in a pan of water, boil for 1 minute then turn off and leave in the hot water for 1 hour. You can then cook them as usual.

If you do not have crushed tomatoes you can use chopped or whole canned tomatoes and just blend them up before using. If you are in the UK passata would be a good substitute.

Different brands of liquid smoke vary in strength a lot. I used 2.5 teaspoons in my beans but I suggest starting with only 1 teaspoon and tasting when the beans are nearly cooked. If it is smoky enough leave it, if not add another teaspoon or 1.5 teaspoons. You won't need any more than that.

I suggest pre-cooking the beans at least partially to get a much softer result, although it is possible to just throw in the soaked but uncooked beans as they are. I am lazy and often do this! You will not get such good results because the acid in the tomatoes prevents the beans from softening completely, but if you don't mind beans with a little bit of bite then it is perfectly acceptable and will still taste good.

If you have lots of leftovers they freeze very well. Keep them in an airtight container and defrost overnight. Warm them in a pan on the stove, or microwave on medium. Make sure they are piping hot before serving.

Serve with mashed potatoes and a salad.

By <https://avirtualvegan.com/vegan-barbecue-baked-beans/>

Chia Pudding with Blackberries, Coconut and Pistachios



Makes 1 serving

Total time: 5 minutes

Ingredients

½ cup blackberries
3 tablespoons chia seeds
1 cup unsweetened almond milk
¼ teaspoon vanilla extract
1 tablespoon unsweetened shredded coconut
10 raw, unsalted pistachios (20 for men)

Preparation

In a small mixing bowl, crush the blackberries with a fork so that they're the consistency of a thick jam. Add chia seeds, almond milk, vanilla extract, and shredded coconut. Stir everything together to combine, then transfer to a small airtight container and refrigerate overnight.

When you're ready to eat the pudding, roughly chop the pistachios and sprinkle them over the chia pudding to eat.

By <https://www.buzzfeed.com/christinebyrne/2015-clean-eating-day-5#.xeK8YJM3o>

Tuna Avocado Salad



Makes 1 serving

Total time: 5 minutes

Ingredients

1 can chunk light tuna (in water)

1 small avocado

juice of 1 lemon

salt and pepper to taste

Preparation

Place tuna, avocado and lemon into a bowl and mash together. Season with salt and pepper to taste. Serve with sliced cucumbers or other veggie of choice.

By live lean eat green - a healthy food & lifestyle blog <http://liveleaneatgreen.com/>

Baked Salmon with Pesto and Pecans



Makes 4 servings

Total time: 25 minutes

Ingredients

4 Salmon fillets

4 Tablespoons store bought or homemade Pesto, divided

4 Tablespoons crushed Pecans, divided

Preparation

Preheat the oven to 400F. Lightly grease or oil a baking sheet. Place the Salmon fillets skin side down on the prepared pan. Spoon a tablespoon of pesto per fillet and spread all over the salmon. Sprinkle the crushed pecans all over (about a tablespoon each).

Bake for about 15 minutes or until the salmon flakes easily when poked. Adjust the time according to the thickness of your fish. Serve immediately and have it with your favorite vegetables.

By <https://www.manilaspoon.com/2016/05/baked-salmon-with-pesto-and-pecans.html>

Cheddar Broccoli Egg Muffins



Makes 6 muffins

Total time: 20 minutes

Ingredients

4 eggs

1 cup steamed broccoli (or frozen broccoli that's been defrosted)

1/2 cup sharp cheddar, shredded

Sea salt and pepper to taste (about 1/2 tsp each)

Preparation

Preheat oven to 375 degrees. Coat a 6-hole muffin tin with oil. Chop broccoli and place it in a bowl with the eggs and sea salt + pepper if you desire those. Whisk together. Pour egg mixture into muffin tins and divide cheese evenly among them. Bake for 12-15 minutes, or until the eggs are set.

Notes

You could sub any veggie or cheese here, but I'm particular to the cheddar broccoli combo.

By <http://www.fitmamarealfood.com/cheddar-broccoli-egg-muffin/>

Tomato Soup



Makes 2 large servings
Total time: 45 minutes

Ingredients

4 tablespoons unsalted butter (or vegan butter of your choice)
1/2 large onion, cut into large wedges
1 (28-ounce) can tomatoes, we prefer to use whole peeled or crushed
1 1/2 cups water or low-sodium chicken stock
1 teaspoon kosher salt, or more to taste

Preparation

Melt butter over medium heat in a Dutch oven or large saucepan. Add onion wedges, water, can of tomatoes with their juices, and the salt. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.

Blend the soup — it doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender makes quick work of this or use a blender. If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending — this helps some of the steam release and prevents the lid from popping off (which can be a big, hot mess).

By https://www.inspiredtaste.net/27956/easy-tomato-soup-recipe/itr_print/

BBQ Chicken Stuffed Sweet Potatoes



Makes 4 halves

Total time:

Ingredients

2 medium sweet potatoes, halved

1 lb. boneless skinless chicken breasts, cooked and shredded

1/3 cup BBQ sauce, your favorite (or less/more, to your taste)

Preparation

Preheat oven to 425 degrees F. Lay sweet potatoes cut side up on a large baking sheet. Roast until tender, about 35 minutes, depending on size of your potatoes. In a saucepan set to medium-low, stir together chicken and BBQ sauce. Heat until warm, 5-10 minutes. Top each potato with scoopfuls of chicken. Spoon over additional BBQ sauce and sprinkle with chopped parsley or sliced green onions, if desired. Enjoy with your favorite salad!

By <http://www.thecomfortofcooking.com/2014/10/3-ingredient-bbq-chicken-stuffed-sweet-potatoes.html>

No Cook Oatmeal with Strawberries



Makes 1 serving

Total time: 5 minutes

Ingredients

1 cup uncooked oatmeal

1 cup almond milk

1-2 tablespoons honey

1/2 teaspoon cinnamon, or to taste

1/2 teaspoon vanilla, optional

3 strawberries chopped

Preparation

Warm almond milk in small sauce pan over medium heat. While milk is warming, pour uncooked oatmeal into mason jar. Pour warmed/hot milk over oatmeal. Add honey, cinnamon, vanilla and strawberries. Stir to mix the honey evenly. Apply lid to mason jar. The warm/hot milk will soften the oats. This will be ready to eat in 1-2 hours.

Note: I mix this at home when I'm running out the door and eat it when I get to work.

By Pauline Maddox, AGNP, RN

Turkey Burgers with Mango Chutney



Makes 4 servings

Total time: 30 minutes

Ingredients

1 16- to 20-inch-long baguette, preferably whole-grain
1 large red onion, cut into ¼-inch-thick rounds, divided
1 pound 93%-lean ground turkey
4 tablespoons mango chutney (see Tips), divided
¼ teaspoon salt
2 cups shredded romaine lettuce

Preparation

Preheat grill to medium-high. Cut baguettes into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side. Finely chop enough onion rounds to equal ½ cup. Combine the chopped onion with turkey, 1 tablespoon chutney and salt in a medium bowl; gently mix with your hands until well combined. Form into 4 burgers, about ½ inch thick and oval-shaped to match the shape of the bread. Oil the grill rack (see Tips). Grill the remaining onion rounds until softened and

blackened in spots, 3 to 4 minutes per side. Grill the burgers until cooked through and an instant-read thermometer inserted into the center registers 165°F, 4 to 5 minutes per side. Grill the bread, cut-side down, until just beginning to char on the edges, about 2 minutes. To assemble sandwiches, spread the remaining mango chutney on the bottom pieces of baguette. Top with a turkey burger, grilled onion and lettuce. Cover with the remaining bread.

Tips: Look for prepared mango chutney—a sweet, tangy and spicy condiment—near other Indian ingredients in the international aisle at most supermarkets. To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

By <http://www.eatingwell.com/recipe/250049/turkey-burgers-with-mango-chutney/>

Jamaican Style Left Over Rice



Makes 1 serving

Total time: 5 minutes

Ingredients

½ cup cooked rice
¼ onion chopped
1 garlic clove minced
½ red pepper chopped
½ avocado sliced
1 tablespoon olive oil
Salt to taste
White pepper to taste

Preparation

Heat olive oil on medium low heat. Add onions and garlic and sauté about 1-2 minutes or to desired tenderness. Add rice. Stir until warmed, about 2 minutes. Add red peppers. Stir to warm peppers,

about 30 seconds to 1 minute. Plate rice. Arrange sliced avocado on top of rice. Serve with plantain (fried in olive oil or baked) and green beans.

By Pauline Maddox, AGNP, RN

Peanut Butter Granola Bars



Makes 8 bars

Total time: 30 minutes

Ingredients

1 1/2 cups packed dates (pitted // 1 1/2 cups yield ~32 dates)

1/2 cup natural peanut butter (creamy, salted is best, but most any kind will do)*

1/2 cup rolled oats (GF for gluten-free eaters)

Preparation

If your dates are not sticky and moist, soak in warm water for 10 minutes and then drain. Otherwise, proceed to step 2. Add dates to a food processor and pulse until only small bits remain - it will likely clump into a ball - that's what you want. If any big pieces remain, use a knife or spatula to push them down, then turn the machine back on to pulse. Add peanut butter and oats and pulse a few more times until incorporated, stirring and scraping down sides as needed. If you prefer denser bars, add more oats.

Transfer to a parchment-lined 8x8 dish and press down until flat, OR scoop out 1 Tbsp amounts and roll into a ball and place on a baking sheet or plate. Transfer to freezer to set. If making bars, slice into 8-10 bars and store in the fridge or freezer to keep fresh. They can be a little flimsy at room temp, so be gentle with how you stack them. Eat with glass of almond milk and fruit or your choice.

Notes

*If your peanut butter isn't salted, consider adding 1/4 tsp sea salt.

*Inspired by Peanut Butter Cookie Larabars

*Adapted from my [No Bake Cookie Bars](#)

* Will keep in the fridge for several weeks and in the freezer for up to a couple of months or more.

Retrieved from <https://minimalistbaker.com/3-ingredient-peanut-butter-granola-bars/>

Bulgarian Salad



Makes 1 serving

Total time: 5 minutes

Ingredients

1 large tomato diced

1 continental cucumber diced

7 tablespoons Bulgarian feta or sirene cheese

Optional

1 red capsicum/pepper diced

3 ½ tablespoons marinated olives

Preparation

This recipe couldn't get any easier guys! Just pop your diced tomatoes and cucumber in a serving bowl. Add in your capsicum and olives if you're using them, then give them a stir until evenly distributed. Let it snow! It's time to grate that cheese right over the bowl until well and truly covered. Serve immediately, or if you're not quite ready to eat, the salad will store nicely in the fridge for around half an hour.

Notes

For an extra cooling salad, be sure to keep your ingredients in the fridge right up until you're ready to prep. You could even pop them in the freezer for just a few minutes to cool them right down.

By <http://www.wandercooks.com/bulgarian-shopska-salad/#recipejump>

Quinoa Pizza Crust or Cheesy Garlic Bread



Makes 4 servings

Total time: 1 hour

Ingredients

1/2 cup quinoa

3 tsp. olive oil divided

1 cup water

2 large eggs

1 ½ tsp. garlic salt

½ tsp. dried oregano leaves

½ tsp. dried basil leaves

½ tsp baking powder

¼ cup shredded Italian-blend cheese pizza-blend or mozzarella would be good too

Optional - For cheesy garlic bread: 1/2 cup shredded Italian-blend cheese and pizza sauce for dipping

Optional - For pizza: 1/3 cup pizza sauce ½ cup shredded Italian-blend cheese, and your favorite pizza toppings

Preparation

Place the uncooked quinoa into a fine mesh strainer and run under cool water for about a minute until water runs clear. Shake off as much excess liquid as possible. Add the rinsed quinoa and 2 tsp. olive oil to a medium sauce pot. Turn the heat to medium high and stir occasionally for 6-7 minutes. The excess moisture will evaporate and the quinoa will begin to toast. Carefully add the water to the toasted quinoa and cover. Bring to a boil then reduce to a simmer. Let the quinoa cook for about 15 minutes, stirring occasionally. Remove the lid and turn the heat to low. Cook 5 more minutes, stirring occasionally (evaporating excess moisture). Transfer the cooked quinoa to a large bowl and let it cool for at least 10 minutes. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper and spray with cooking spray. In a small bowl, add the eggs, 1 tsp. olive oil, garlic salt, oregano, basil, and baking powder. Whisk until well combined. Add the cheese to the quinoa. Stir to combine. Add the egg mixture to the quinoa. Stir until well combined. Spread the quinoa dough into a ¼ inch, even layer on the parchment paper. I made cheesy bread sticks so I made a 10 x 7 inch rectangle. Bake for 18-20 minutes, edges should begin to brown. Top with the pizza, or garlic bread, toppings and return to the oven for 5 minutes. Let the pizza, or garlic bread, cool for 5 minutes before slicing.

By <https://www.thewholesomedish.com/quinoa-crust-pizza-cheesy-garlic-bread/>

Taco Lime Grilled Chicken



Makes 4 servings

Total time: 20 minutes

Ingredients

2 tablespoons taco seasoning

1/4 cup lime juice (~2 limes)

1 pound boneless and skinless chicken breasts

Preparation

Mix the taco seasoning and lime juice, cover the chicken in the mixture and optionally marinate for 30 minutes to overnight. Grill over medium-high heat until cooked through, about 3-5 minutes per side, let sit for 5 minutes and slice before enjoying!

Use recipe in:

[Chicken and Avocado Burritos](#)

[Chicken Burrito Bowl with Cilantro Lime Cauliflower Rice](#)

[Chicken Fajitas](#)

By <https://www.closetcooking.com/taco-lime-grilled-chicken/>

Coconut Lime Quinoa



Makes 4 servings

Total time: 10 – 15 minutes

Ingredients

2 cups coconut milk any variety
1 cup quinoa
2 limes juice + zest

Instructions

Add coconut milk, quinoa and lime juice to a small sauce pan. Bring to a boil, cover and reduce to simmer for 12 - 15 minutes until all the liquid has been absorbed. Remove from the heat stir and let stand until cool. Stir in the zest of both limes and serve either as is or slightly reheated. Store in an airtight container in the refrigerator for up to five days.

Note: To reduce fat content of meal, use water instead of coconut milk.

By https://www.simplyquinoa.com/wprm_print/27355

Banana Toast



Makes 1 serving
Total time: 5 minutes

Ingredients

2 slices of wheat or whole grain bread
1 banana
Honey or melted peanut butter
Cinnamon to taste

Preparation

Toast bread in toaster or toaster oven. Slice or mash banana and spread evenly over both toasts. Drizzle honey or melted peanut butter over the top. Sprinkle with cinnamon. Enjoy!

Photo by <https://spoonuniversity.com/lifestyle/toast-toppings-other-than-avocado>

Recipe by Pauline Maddox, AGNP, RN

Slow Cooker Chicken Salsa



Makes 4 servings

Total prep time: 1 minute

Total slow cook time: 4 hours

Ingredients

4 boneless, skinless chicken breasts (about 2 pounds total)

2 cups favorite salsa

salt and pepper

(optional: fresh lime wedges for serving)

Preparation

Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered.

Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken in the slow cooker and toss with the remaining salsa and juices until well-mixed. Serve immediately, or refrigerate in an airtight container for up to 5 days. (This chicken also freezes well.)

Note: You can really use just about any cut of chicken for this recipe. For easy shredding, so that you don't have to mess with bones, I recommend boneless chicken breasts or thighs. This should be about 2 pounds of chicken total.

By <https://www.gimmesomeoven.com/2-ingredient-slow-cooker-salsa-chicken-recipe/print/>

Five Spice Tilapia



Makes 4 servings

Total time: 20 minutes

Ingredients

1 pound tilapia fillets

1 teaspoon Chinese five-spice powder (see Tip)

¼ cup reduced-sodium soy sauce

3 tablespoons light brown sugar or 2 tablespoons honey

1 tablespoon olive oil

3 scallions, thinly sliced

Preparation

Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.

2 Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

Tip: Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in the spice section at the market or with other Asian ingredients.

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.

By <http://www.eatingwell.com/recipe/250114/five-spice-tilapia/print/>

Sweet Potato Spinach Breakfast Hash



Makes 6 servings

Total time: 40 minutes

Ingredients

2 Yams/Sweet Potatoes, peeled and cut into ½" cubes

1 large bag Fresh Spinach, or 1 package thawed frozen spinach

Eggs

Non-Stick Spray

Chipotle Tabasco

Salt and Pepper

Preparation

Preheat oven to 350 degrees. Line a baking sheet with a silicon mat or spray with non-stick spray. Peel and cube sweet potato into ½" cubes. Place on baking sheet and lightly spray with cooking spray. Bake until fork tender - about 25-30 minutes. Turning once while cooking. While the potatoes are roasting, in a large non-stick skillet over medium high heat, wilt the spinach turning it frequently until it gets soft. Work in small batches of spinach. Use immediately or place in a container and refrigerate until needed.

To assemble:

Plate roasted sweet potato and wilted spinach. (Make sure to squeeze spinach of any extra moisture or hash will be watery, ewe.) Microwave until steaming and hot, about 1 minute 30 seconds. Microwaves vary, so nuke until it's heated through. While potatoes/spinach is microwaving, heat a non-stick pan over medium heat. Lightly spritz with cooking spray and crack and egg into the pan. Cover pan and cook until egg whites have set. Remove from skillet and top onto potatoes/spinach. Add salt and pepper to taste if desired, and chipotle Tabasco if needed. (it's my favorite). Devour immediately.

By <http://www.countrycleaver.com/2014/01/sweet-potato-spinach-breakfast-hash-2.html>

Quinoa Crust Pizza



Makes 6 servings

Total time: 45 minutes

Ingredients

For Crust:

- 1/2 cup quinoa
- 1 1/2 cup water (for cooking the quinoa)
- 1 large egg
- 1/2 tsp mixed dried herbs/Italian seasoning
- 1/4 tsp garlic salt (optional)
- 1/4 cup shredded cheese (I used Parmesan since I had it handy)

For Topping:

- 4 tbsp of pizza sauce
- Handful of spinach leaves
- 2-3 pitted green olives
- Few slices of bell pepper
- Few slices of onion
- Handful of chopped cherry tomatoes
- 3/4 cup shredded Mozzarella

Preparation

Add quinoa to water, bring the pan to a boil; cover and cook till all the water is absorbed and the quinoa becomes fluffy. Add the dried herbs, garlic salt and shredded cheese. Mix well. It will reach an almost-dough like texture. Beat the whole egg; add it in and mix. Now the dough like quinoa mixture becomes spreadable. Take a pan of choice (I used a cookie sheet). Line it with some parchment paper/foil and spray some cooking oil on it. Take the quinoa mixture in hand and shape it like a ball. Place it on the cookie sheet and spread the quinoa into a shape you like. It almost spreads evenly by itself. Just use your hand to guide it make sure that one side is not much thicker compared to the other. Place the pan in a preheated oven for 10-13 min at 350°F / 180°C. Take it out of the oven. Let it cool for a min. Spread the pizza sauce on top. Layer the toppings and cheese and bake for another 10 min until the cheese melts and the sides start to turn golden. Let it cool for a min so that the crust holds together. Carefully cut out slices and serve.

Notes

If you are going for the egg-less crust, make mini pizzas only because of a lack of binding agent, it has a tendency to break. You can hold it up and eat it like a slice but it retains shape best if made mini. Another egg-less option would be to substitute it with a paste made of flax seeds (Soak 1 tbsp flax seeds in 3 tbsp water and grind it to a fine paste)

Tastes best when served hot as is the case in any pizza. For make-ahead, refrigerate only crust and add toppings and bake again before serving.

By <http://yummilyours.com/quinoa-crust-pizza/>