




# QUINOA TOTS WITH SPICY BBQ SAUCE

## QUICK INFORMATION

**TIME**  
  
**1 HR 30 MIN**

**SERVES**  
  
**4**

**CALORIES**  
  
**230**

**GLUTEN FREE**  
  
**RECIPE**

**VEGAN**  
  
**RECIPE**

### INGREDIENTS

- 1 cup Lundberg Family Farm Antique White Quinoa
- 2½ cup low sodium vegetable broth
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. pepper
- Sauce ingredients:
- 3 tablespoon maple syrup
- 1 ½ tablespoon tomato paste
- 2 teaspoon rice vinegar
- 1 teaspoons dijon mustard
- 1 teaspoon tamari
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon sea salt
- ¼ teaspoon of sambal

### NUTRITIONAL FACTS

Serving Size: 225g

#### AMOUNT PER SERVING

**Calories** 230      Calories from Fat 20

**Total Fat** 2.5g  
 Saturated Fat 0g  
 Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 590mg

**Total Carbohydrate** 46g  
 Dietary Fiber 8g  
 Sugars 13g

**Protein** 7g

### PREPARATION

Thoroughly rinse and drain quinoa, in a fine mesh sieve, under running cold water until water runs clear. Place quinoa in a medium saucepan with broth and bring to a fast simmer.

Cover with a tight-fitting lid, reduce heat to maintain a low simmer and cook for 30 minutes.

Remove from heat and stir in remaining ingredients. Allow to cool for 5-10 minutes until safe to handle.

Preheat oven to 450 degrees and lightly oil a baking sheet.

Take slightly more than a teaspoon sized amount of mixture and roll and shape with hands to form tots.

Place tots on baking sheet, and lightly spray with cooking oil

Bake for about 25 minutes or until browned and crispy outside.

While tots are baking, combine all sauce ingredients together until thoroughly combined.

Serve hot with dipping sauce.

Enjoy!