



Quinoa Pizza Bites



Ingredients:

- 1½ cups cooked quinoa
- 1 cup shredded mozzarella
- 1 cup mini pepperonis
- ¼ cup grated parmesan
- ¼ cup marinara sauce (*warmed*)
- 1 egg
- 1 tsp Italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp olive oil to coat pan

January 16th
is National
Quinoa Day!

Instructions:

1. Preheat oven to 400° degrees. Coat a mini muffin pan with olive oil and set aside.
2. Add all the ingredients (other than olive oil) to a large bowl and mix until well combined.
3. Evenly scoop the mixture into the muffin pan and gently press down.
4. Bake for 15-20 minutes. Remove from the oven and let cool for 5 minutes.
5. Remove from pan and enjoy with marinara sauce!

History & Fun Facts:

- Quinoa originated in Peru, Chile, and Bolivia.
- Many people consider quinoa to be a grain, but it is actually a seed.
 - Quinoa was a staple food for the Incas.
- Quinoa fields were destroyed by a Spanish explorer and almost went into non-existence. Quinoa was reintroduced in the 1970s.

Sourced from: https://linkprotect.cudasvc.com?url=https%3a%2f%2fwww.ancientgrains.com%2fquinoa-history-and-origin%2f&c=E,1,J9CAiBJ_eRBs8Sh_6GjO8tepb466CnVyO1_8M_Qk72PaT7KuaSp95qEyqnc-RNV8qZAiERv7TKOxfKlv90DzvagkH5FneyWegFUu-sB6aAcX80w,&typo=1

