



Cooking in the Kitchen at Olums

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*Delicious Recipes
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Buffalo Quinoa Poppers

Serves 24 poppers

Ingredients:

- 2 eggs
- 1½ cups cooked quinoa (¾ cup dry quinoa)
- 1 cup chopped sweet onion
- 2 tablespoons hot sauce (or more to taste)
- 1½ cups shredded Pepper Jack cheese
- 2 cloves chopped garlic
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons low fat cream cheese
- non-stick cooking spray

Directions:

1. Cook ¾ cup dry quinoa with 1½ cups water to make 1½ cups cooked quinoa.
2. Preheat oven to 350°
3. Lightly beat 2 eggs. Mix in cooked quinoa and chopped onion.
4. Add hot sauce, cheese, garlic, onion powder, garlic powder, and cream cheese. Mix until well combined.
5. Transfer mixture to greased mini muffin tin (1 Tbsp per muffin).
6. Bake at 350° for 20-25 minutes until golden.