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## Savory Quinoa Squares

Makes 36 squares or 4-6 meal sized servings

### *Ingredients:*

1 cup quinoa, rinsed  
2 cups water  
1/2 cup onions, finely diced  
3/4 cup bell pepper, finely diced  
1/2 cup kale, finely chopped  
2 mushrooms, finely chopped  
1 tablespoon grapeseed oil  
1 tablespoon fresh rosemary, finely chopped  
1 whole egg  
1 egg white  
1/2 cup Mary's Gone Crackers (or other whole grain crackers),  
1/4 cup dried cranberries  
1/2 teaspoon salt  
1/2 teaspoon pepper

### *Directions:*

1. Cook quinoa in water according to directions. Typically need to cook covered for 15 minutes at medium/low setting. Let stand until all water is absorbed.
2. In small frying pan, sauté onions, bell pepper, kale, mushrooms with grapeseed oil. Add fresh rosemary and continue to cook until onions are translucent.
3. In food processor or with rolling pin, crush crackers into crumbs.
4. Combine sautéed mixture with quinoa. Add cranberries, egg, egg white, cracker crumbs, salt and pepper and mix well.
5. In a prepared 9 x 13 baking dish, pour quinoa mixture and pat down with spoon for even layer.
6. Bake at 350° F for 25 minutes.
7. Let cool and then cut into squares.

Note: You can also serve as a main dish by baking in a smaller dish for a thicker square and cutting into larger squares.