

Marinated Eggplant with Quinoa

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (232°C).
2. In a baking dish, combine the eggplant, water, tamari, rice vinegar and maple syrup until well coated. Roast for 30 minutes or until golden brown, stirring halfway.
3. Meanwhile, cook the quinoa according to package instructions.
4. Stir the quinoa through the roasted eggplant. Garnish with parsley. Top with Hommus and falafel.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add ginger and garlic, and/or use broth for the quinoa and marinade.

Additional Toppings

Minced scallions and/or toasted sesame seeds.

No Tamari

Use soy sauce or coconut aminos instead.

Ingredients

2 Eggplant (stem removed, cubed)

1/2 cup Water

2 tbsps Tamari

1 tbsp Rice Vinegar

1 tsp Maple Syrup

1 cup Quinoa (dry, uncooked)

1/4 cup Parsley (finely chopped)

1 cup Hummus (to serve, homemade or store bought)

8 pieces Falafel (Good quality store bought)

Nutrition

Amount per serving

Calories	764	Iron	9mg
Fat	28g	Vitamin D	0IU
Carbs	109g	Folate	351µg
Fiber	30g	Vitamin B12	0µg
Sugar	22g	Magnesium	349mg
Protein	29g	Zinc	5mg
Calcium	170mg	Selenium	15µg