

Marinated Eggplant with Quinoa

4 SERVINGS 30 MINUTES



INGREDIENTS

1 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 Cilantro (finely chopped)

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C).
- 02 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.
- 03 Meanwhile, cook the quinoa according to package instructions.
- 04 Divide the quinoa onto plates and top with the roasted eggplant. Garnish with cilantro and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	201	Carbs	37g
Fat	3g	Protein	8g