



Marinated Eggplant On 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 tsp Coriander (finely chopped)

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 Divide the quinoa onto plates and top with the roasted eggplant. Garnish with coriander.

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: Toasted sesame seeds.

No Tamari: Use soy sauce or coconut aminos instead.