

Quinoa Pancakes with Tomato Chutney



Tomato Chutney

- 1 tablespoon vegetable oil
- ½ teaspoon cumin seeds
- ½ onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 teaspoons grated ginger
- 2 cups tomatoes, seeded and chopped
- 1 green chili, seeded and chopped (optional)
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 2 teaspoons sugar

Pancakes

- 1 cup buttermilk pancake mix
- 1 cup red quinoa, cooked and cooled
- 1 egg, beaten
- 1¼ cups fat-free (skim) milk
- 1 cup spinach, finely chopped

1. To make chutney, heat oil in small skillet over medium

heat. Add cumin seeds and cook a few seconds until seeds stop popping. Add onion, garlic and ginger. Cook 1 to 2 minutes until onions are translucent. Add tomatoes, green chili, coriander and salt. Cook 3 to 4 minutes until tomatoes are soft. Stir in sugar. Cool about 10 minutes.

2. Add chutney to blender. Blend slightly to reach uniform consistency, yet coarse texture. Serve immediately or cover and refrigerate. (It will keep in refrigerator up to 1 week.)

3. To make pancakes, combine pancake mix and quinoa in medium bowl. Mix in egg and milk. Fold in spinach. Let sit 10 minutes.

4. Heat medium skillet coated with nonstick cooking spray over medium heat. Pour ¼ cup batter onto heated skillet. Turn pancakes when top is bubbled and the bottom is light brown. Cook another 1 minute. Repeat with remaining batter. Serve warm with Tomato Chutney.

*Makes 5 servings
(2 pancakes and
2 tablespoons
chutney per serving)*

Dietary Exchanges:

1 Fat, 3 Starch

Calories 265, Total Fat 7g, Saturated Fat 1g, Protein 9g, Carbohydrate 43g, Cholesterol 49mg, Dietary Fiber 5g, Sodium 778mg

