

Taste of Home

# Quinoa Arancini



Taste of Home

**TOTAL TIME:** Prep/Total Time: 30 min.**YIELD:** 3 servings.

*We love arancini, but they're not the healthiest thing going! I wanted to make a version that we could enjoy guilt-free. I substituted quinoa for rice and tried baking instead of frying. Now we can have them any time. — Sabrina Ovadia, New York, New York*

## Ingredients

1 package (9 ounces) ready-to-serve quinoa or 1-3/4 cups cooked quinoa

2 large eggs, lightly beaten, divided use

1 cup seasoned bread crumbs, divided

1/4 cup shredded Parmesan cheese

1 tablespoon olive oil

2 tablespoons minced fresh basil or 2 teaspoons dried basil

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/8 teaspoon pepper

6 cubes part-skim mozzarella cheese (3/4 inch each)

Cooking spray

Warmed pasta sauce, optional

## Directions

1. Preheat oven to 425°. Prepare quinoa according to package directions. Stir in 1 egg, 1/2 cup bread crumbs, Parmesan cheese, oil, basil and seasonings.

2. Divide into 6 portions. Shape each portion around a cheese cube to cover completely, forming a ball.

3. Place remaining egg and 1/2 cup bread crumbs in separate shallow bowls. Dip quinoa balls in egg, then roll in bread crumbs. Place on a greased 15x10x1-in. baking pan; spritz with cooking spray. Bake until golden brown, 15-20 minutes. If desired, serve with pasta sauce.

## Nutrition Facts

2 arancini: 423 calories, 19g fat (6g saturated fat), 142mg cholesterol, 1283mg sodium, 40g carbohydrate (4g sugars, 5g fiber), 21g protein.

© 2023 RDA Enthusiast Brands, LLC

# Taste of Home