

Quinoa or Buckwheat Bacon Bits

Source: Dustin Harder @theveganroadie

About the Recipe

37 Calories · 1 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1 cup (185 g) cooked quinoa or 1 cup (168 g) cooked buckwheat
- 1 tablespoon (15 mL) coconut aminos
- 1 tablespoon (15 mL) olive oil
- 2 teaspoons (10 mL) ketchup
- 1 teaspoon smoked paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon sea salt

Directions

1. Add the quinoa or buckwheat, coconut aminos, olive oil, ketchup, smoked paprika, sea salt, and pepper to a bowl. Mix until everything is well combined and the quinoa or buckwheat is coated evenly.
2. Heat a skillet over medium-high heat. Add the quinoa or buckwheat to a hot skillet, spread into 1 layer, and let sit in the hot skillet for 3 minutes. Flip the quinoa or buckwheat, spread into 1 layer, and let sit an additional 3 minutes. It should get darker in color, dry out slightly, and crisp up.

Nutrition Facts

Per serving:

Calories: 37

Fat: 2 g

Saturated Fat: 0 g

% Calories From Fat: 45%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 5 g

Sugar: 0 g

Fiber: 1 g

Sodium: 195 mg

Calcium: 4 mg

Iron: 0 mg

Vitamin C: 0 mg

Beta-Carotene: 79 mcg

Vitamin E: 0 mg