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## CONTACT Us

Call:

857-209-8525

Email:

[kevin@onebitevegan.com](mailto:kevin@onebitevegan.com)

Website:

[www.OneBiteVegan.com](http://www.OneBiteVegan.com)

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# Stuffed Roasted Eggplant with Quinoa, Mushrooms and Multi-Coloured Carrots

**By: Jen from Sprouting Zen**

Roasted eggplant that is deliciously stuffed with quinoa, mushrooms, multi-colored carrots, and spiced up with different herbs like rosemary, sage, and basil. Ahh, I can smell autumn cookin' in my kitchen, can you?!



## Stuffed Roasted Eggplant with Quinoa, Mushrooms and Multi-Coloured Carrots

Serves: 4

### INGREDIENTS:

- 1-2 eggplants (if you only use one eggplant, you may have extra stuffing leftover)
- 5-6 multi-colored carrots
- 1 package of baby bella or white button mushrooms
- 1 tsp dried basil
- 1 tsp dried rosemary
- 1/2 tsp himalayan salt
- 1/4 tsp dried sage
- a tiny dash of cinnamon (enough to be noticed but not enough to over power)
- vegetable broth for sauteing and roasting

### Optional (but highly recommended) simple cashew sauce:

- 1 cup cashews
- 1 cup water
- 1-2 garlic cloves
- 1 tsp miso
- pinch of salt to taste

### INSTRUCTIONS:

1. Preheat oven to 400F. Cut eggplants in half, and then cut out a rectangular shape of flesh out of each eggplant and set aside. (see pictures). This is done to create sort of a 'bowl' in the eggplant so that your stuffing can sit inside of it, but also it allows us to cook some of the eggplant and include it in the stuffing itself. (don't throw out rectangles)!
2. Place eggplants face down on a baking sheet covered with parchment paper, coat with around 1/2 cup of vegetable broth and roast in the oven for 35 minutes. Check eggplants around the halfway mark and sprinkle more veg broth on top if they seem really dry



## ABOUT THE AUTHOR

Hey, I am Jen, Nice to meet ya!

I am obsessed with creating healthy vegan meals that taste deliciouslyyy amazing. I never cared much for food, nor cooking, but that all changed a few years ago when I switched to a whole foods, plant based diet and discovered the magic of plants! <3 Now, I have my very own vegan food blog where I share that magic with YOU! Most of the recipes you'll find there are refined-sugar free and oil-free with almost zero processed ingredients, if any! If you love what you see, please stop by [SproutingZen.com](https://www.sproutingzen.com) and much love + gratitude always.

