

# Broccoli Cheddar Quinoa Bites

**Yield: 12 servings**

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese or replace with dairy-free alternative

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

## Ingredients

¾ cup uncooked quinoa, rinsed

1½ cups chicken stock  
(for cooking quinoa)

2 eggs, lightly beaten

2 cups broccoli florets, small

½ cup yellow onion, finely diced

1 clove garlic, finely minced

1½ cups cheddar cheese, shredded

½ tsp paprika

## Directions

1. Preheat oven to 350° F.
2. In a medium saucepan, combine quinoa (¾ cup) and chicken stock (1½ cups). Cook according to package directions. Let cool.
3. In a large bowl, combine cooled quinoa, eggs (2), broccoli (2 cups), onion (½ cup), garlic (1 clove), cheese (1½ cups), and paprika (½ tsp).
4. Spray mini muffin tin with cooking spray.
5. Scoop a heaping tablespoonful of quinoa mixture into prepared muffin cups.
6. Bake for 15–20 minutes or until edges turn golden brown.
7. Remove from oven. Let cool for five minutes, and gently remove from pan to cool completely.



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### Nutrition Facts

**Serving size 1** (2.9oz)

Amount Per Serving **81g**

**Calories** **124**

**% Daily Value**

**Total Fat** 6.5g **10%**

Saturated Fat 3.1g **16%**

**Cholesterol** 43mg **14%**

**Sodium** 148mg **6%**

**Total Carbohydrate** 9g **3%**

**Dietary Fiber** 1g **4%**

**Sugars** 1g

**Protein** 7g **14%**

Vitamin A **12%**

Vitamin C **20%**

Calcium **11%**

Iron **5%**