

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%