



Broccoli Cheddar Quinoa Bites

RECIPE CUSTOMIZATION

To make it FODMAP friendly, omit garlic and onion

YIELD: 12 SERVINGS

Gluten-free

Dairy-free

INGREDIENTS

- ¾ cup uncooked Quinoa, rinsed
- 1 cup Chicken or Vegetable Stock
- ½ teaspoon Salt, Kosher
- 2 cup Broccoli Florets, ¼ inch
- ½ cup Yellow Onion, finely diced
- 1 clove Garlic, finely minced
- 1½ cup Dairy Alternative or regular Cheddar Cheese, shredded
- ½ teaspoon Paprika
- Pan Spray

DIRECTIONS

1. Preheat oven to 350° F.
2. In a medium saucepan, combine quinoa, chicken stock and salt. Cover pan, bring up to a simmer and cook for about 10 minutes or until quinoa is tender. Let cool.
3. In a large bowl, combine quinoa, broccoli, onion, garlic, “cheese” and paprika.
4. Spray mini-muffin tins with cooking spray.
5. Put a heaping tablespoonful of quinoa mixture into prepared muffin cups and pack lightly.
6. Bake for 15 to 20 minutes, or until edges turn golden brown.
7. Remove from oven and let cool for 5 minutes and then gently remove from pan to cool completely.

Chef tip: Make sure to let them fully cool in order to easily remove them from the pan.



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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%

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