

Broccoli and Cheddar Quinoa Bites

Recipe makes: 12 servings (1 bite per serving)

Preparation time: 15 to 20 minutes

Cook time: 15 to 20 minutes

Equipment: One set of measuring cups, one set of measuring spoons, one knife, one cutting board, one grater, one 12-cup muffin tray, parchment paper (optional), 12 muffin liners (optional), one large mixing bowl, one medium mixing bowl, one whisk or fork, one rubber spatula or spoon, one butter knife, one fork, an oven, oven mitts.

What you need to make this recipe:

- 2 cups cooked and cooled quinoa*
- 1/3 cup flaxseed meal
- 1 cup diced broccoli florets
- 1 cup shredded low-fat old cheddar cheese
- 1/4 cup dry or fresh shredded parmesan cheese
- 2 large eggs
- 1/2 teaspoon mustard powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

*See “About this recipe” for information about cooking quinoa.

How to make Broccoli and Cheddar Bites:

1. Preheat the oven to 175°C (350°F).
2. Prepare a 12-cup muffin tray:
Option 1: Lightly grease each cup in the muffin tray with cooking spray.
Option 2: Lightly grease each cup in the muffin tray with butter using parchment paper.
Option 3: Put one muffin liner in each cup of the muffin tray.
3. Put the quinoa, flaxseed, broccoli, cheddar cheese, and parmesan cheese in a large mixing bowl. Using a rubber spatula or spoon, stir together until combined.
4. Put the eggs, mustard powder, salt, pepper, garlic powder, and onion powder in a medium mixing bowl. Using a fork or whisk, whisk until combined.
5. Add the egg mixture to the quinoa mixture. Using a rubber spatula or spoon, stir until combined.
6. Put about 1/3 cup of the bite mixture into each cup in the muffin tray. Use the back of a rubber spatula or spoon to gently press the mixture into each cup.
7. Bake the bites in the preheated oven for 15 to 20 minutes or until a toothpick inserted in the centre of a bite comes out clean.
8. Take the bites out of the oven and let them cool in the muffin tray for 5 minutes.
9. Take the bites out of the muffin tray by running a butter knife between the side of each bite and the wall of the muffin tray. Then, use a clean fork to lift each bite out of the tray. Put the bites on a cooling rack or plate to finish cooling.

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Nutrition Facts	
Per 1 serving (1 bite)	
Calories 70	% Daily Value*
Fat 2.5 g	3 %
Saturated 0.5 g + Trans 0 g	3 %
Carbohydrate 7 g	
Fibre 2 g	7 %
Sugars 1 g	1 %
Protein 6 g	
Cholesterol 30 mg	
Sodium 210 mg	9 %
Calcium 175 mg	13 %
Iron 0.5 mg	3 %
Vitamin A 30 µg	3 %
Vitamin C 2.5 mg	3 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk, egg, and mustard.

About this recipe:

Quinoa is a whole grain. Including whole grains in your diet can help lower your risk of chronic disease, like diabetes and heart disease.

One cup of uncooked quinoa makes about 3 cups of cooked quinoa. This recipe is made with 2 cups of cooked quinoa. To make 2 cups of cooked quinoa, cook 2/3 cup of uncooked quinoa by following the package instructions.

Substitutions:

To make this recipe milk-free, use plant-based cheese.

To make this recipe mustard free, do not use the mustard powder.

Storage information:

The Broccoli and Quinoa Bites can be stored in an airtight container in the fridge for up to 3 days.



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