

Broccoli Cheddar Quinoa Bites from Judy Rick

3/4 cup Quinoa [rinsed]
1 1/2 cups water or chicken broth

2 eggs beaten
2 cups Broccoli florets diced
1 cup yellow onion diced
1 clove garlic minced
1 1/2 cups shredded cheddar cheese
1/2 teaspoon paprika
crushed red pepper

In medium sauce pan cook quinoa according to package. let cool

In large bowl combine quinoa, eggs, broccoli, onion, garlic, cheese, Paprika, red pepper
preheat oven to 350. Spray mini muffin pans

Put heaping tablespoon of quinoa mix into muffin cups. Bake for 15 to 20 min. or till
edges are golden brown.

Remove from oven and let cool. Remove from pan to cool on rack.
Can serve warm or cool.