

Crispy Quinoa & Cheddar Bites

PREP TIME: 5 MINS

COOK TIME: 25-30 MINS

YIELDS: 10 MUFFINS (1/3 CUP PORTIONS)



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

- 2 cups cooked quinoa
- 2 eggs, raw, large
- 1 cup cheddar cheese, shredded
- 1 cup cooked broccoli, chopped
- 1 cup cooked cauliflower, chopped
- ½ teaspoon sea or kosher salt
- ¼ teaspoon black pepper

Nutrition Content for 1 muffin

Calories: 114kcal Carbohydrates: 10g

Fat: 6g Fiber: 2g

Protein: 6g Added sugar: 0g

Sodium: 214mg



Directions

1. Chop cooked broccoli & cauliflower in a food processor.
2. In a bowl, combine all ingredients together.
3. Preheat oven to 350 degrees.
4. Grease a muffin mold with nonstick cooking spray or oil.
5. Scoop mixture dividing evenly, roughly 1/3 cup in each mold.
6. Bake for 25–30 minutes or until golden brown.
7. Allow to cool before removing from mold.
8. Store in refrigerator or freeze for future use.

Chef Tips/Adjustments

- Any vegetable can be used in this recipe, though high-moisture content vegetables such as zucchini should be thoroughly squeezed & drained prior to mixing.
- For convenience, microwavable pouches of cooked quinoa work well for this recipe. Any variety of quinoa will work (red, tricolor, etc.).
- For convenience, frozen broccoli & cauliflower can be used. If frozen together in the same bag, just use 2 cups total rather than having to separate and measure individually.

Qualities

- Texture: Soft
- Rating for Scent: 3/10
- Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health

