



FAST. EASY. FRESH.

# CHEESY ROASTED BROCCOLI AND QUINOA GRATIN

**1.** Preheat your oven to 450° F and line a large baking sheet with parchment paper or tinfoil. Next, combine the **quinoa** with 2 cups of water and bring to a boil. Once boiling, reduce the heat to low, cover and simmer for 14-15 minutes, until the water has been completely absorbed. Set aside.

**2.** Meanwhile, trim the ends off your **broccoli** and cut into bite-sized florets. Place on your prepared pan and drizzle with 2 Tbsp. **oil** and season well with **salt** and **pepper**. Toss to coat and then place in the oven. Bake for 8-9 minutes until golden brown and slightly crispy.

**3.** Grate your **cheddar cheese** and set aside. Tear your **bread** into tiny pieces and peel and mince your **garlic**. Drain and rinse the kidney beans. In a small pot, heat 1 ½ Tbsp. **oil** over medium heat. Add the **garlic** and cook until fragrant, stirring frequently. Add the **bread crumbs** and cook for 3 minutes more, until slightly browned and crispy. Set aside.

**4.** Once your quinoa is finished cooking, season with **salt** and **pepper** and add your **red pepper flakes**. Then, stir in ¾ of your **grated cheese**, **kidney beans**, and the **milk**. Pour this mixture into a large oven-safe baking dish.

**5.** Reduce your oven heat to 375°F when the broccoli is finished cooking. Add the **roasted broccoli** to the **quinoa** and stir until the broccoli is evenly mixed in with the quinoa. Sprinkle the top evenly with your remaining **cheese**, and then your prepared bread crumbs. Place in the oven and bake for 15 minutes, until golden brown and bubbly.

**6.** To serve, let cool slightly, and then dish onto plates. Enjoy!

## Ingredients (4 Servings- 620 Calories Per Serving)

Quinoa	1 Cup	2% Milk	237 ml
Broccoli	1 Large Head	Garlic	2 Cloves
Olive Oil	2 Tbsp. + 1 Tbsp.	Multigrain Bread	2 Slices
Red Pepper Flakes	¼ tsp.	White Kidney Beans	1 540 ml Can
Cheddar Cheese	240 g	Salt and Pepper	To taste



**40** Minute Cook Time!