



CHEESY ROASTED BROCCOLI AND QUINOA GRATIN

FAST. EASY. FRESH.

1. Preheat your oven to 450° F and line a large baking sheet with parchment paper or tinfoil. Next, combine the **quinoa** with 1 cup 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.

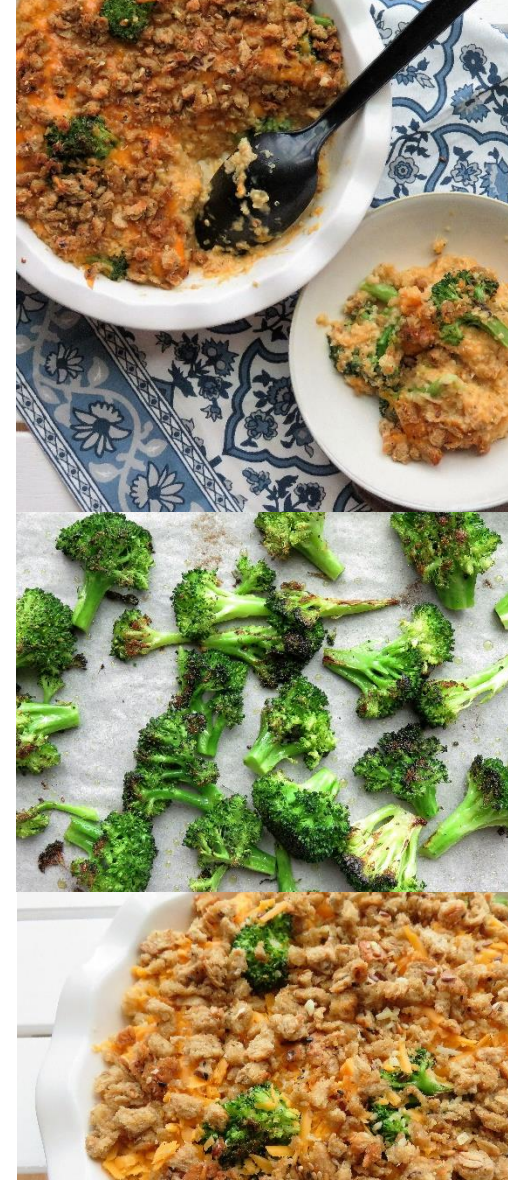
2. Meanwhile, trim the ends off your **broccoli** and cut into bite-sized florets. Place on your prepared pan and drizzle with 1 Tbsp. **oil** and season well with **salt** and **pepper**. Toss to coat and then place in the oven. Bake for 8-9 minutes until golden brown and slightly crispy.

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 2 tsp. **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 an oven-safe 9" dish.

5. Reduce your oven heat to 375°F when 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 (2 Servings - 620 calories per serving)

Quinoa	½ Cup	2% Milk	½ Cup
Broccoli	1 Medium Head	Garlic	1 Clove
Olive Oil	1 Tbsp. + 2 tsp.	Multigrain Bread	1 Slice
Red Pepper Flakes	1/8 tsp.	White Kidney Beans	1 398 ml Cans
Cheddar Cheese	120 g	Salt and Pepper	To taste

40 Minute
Cook
Time!