



# 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 larger 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**. 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 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.	Salt and Pepper	To taste
Cheddar Cheese	120 g		

**40** Minute  
Cook  
Time!