



BROCCOLI CHEDDAR POWER BITES

PREP TIME: 15 minutes

SERVING SIZE: 2 muffin bites

COOK TIME: 20-25 minutes

SERVES: 6

INGREDIENTS

- ¾ cup quinoa, uncooked (yields about 2 cups cooked)
- 3 large eggs
- 2 cloves garlic, minced
- 4 ounces sharp cheddar cheese, grated (about 1 cup)
- 1 ½ cups finely chopped broccoli, stems included (about ½ pound)
- ½ teaspoon ground mustard
- ½ teaspoon salt
- ½ teaspoon ground black pepper



PREPARATION

1. Preheat oven to 350 degrees F.
2. To cook the quinoa: Bring quinoa and 1 cup of water to a boil in a medium-sized pot. Cover and reduce heat to low, and simmer for 20 minutes, or until all of the liquid is absorbed. Cover and set aside to steam for 5 minutes.
3. Mix all ingredients together in a large bowl.
4. Spray a 12-muffin pan with non-stick spray and spoon the mixture evenly into each cup, pressing down mixture into each cup as you go. You can also use a mini muffin pan.
5. Bake for 15-20 minutes until the bites are firm to the touch and slightly browned on top. Serve immediately.

SOURCE

ahealthysliceoflife.com

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

| | |
|-------------------------------|-----------------------|
| 6 servings per container | |
| Serving size | 2 muffin bites |
| Amount per serving | |
| Calories | 190 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 115mg | 38% |
| Sodium 370mg | 16% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | |
| Vitamin D 1mcg | 6% |
| Calcium 173mg | 15% |
| Iron 2mg | 10% |
| Potassium 218mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



BOLITAS DE BRÓCOLI Y QUESO

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 2

TIEMPO PARA COCINAR: 20-25 minutos

PORCIONES: 6

INGREDIENTES

- ¾ taza de quínoa, sin cocer (rinde alrededor de 2 tazas cocidas)
- 3 huevos grandes
- 2 dientes de ajo, picados
- 4 onzas de queso cheddar bajo en grasa, rallado (aproximadamente 1 taza)
- 1 ½ tazas de brócoli picado, con tallo (alrededor de ½ libra)
- ½ cucharadita de mostaza en polvo
- ½ cucharadita de sal
- ½ cucharadita de pimienta negra



PREPARACIÓN

1. Precaliente el horno a 350 grados F.
2. Para cocinar la quinoa: hierva 1 taza de agua y la quinoa en una olla mediana. Cubra y reduzca el fuego a bajo y cocine a fuego lento durante 20 minutos, o hasta que se absorba todo el líquido. Cubra y deje reposar al vapor durante 5 minutos.
3. Mezcle todos los ingredientes en un tazón grande.
4. Rocíe un molde para 12 muffins con spray antiadherente y vierta la mezcla uniformemente en cada taza, presionando la mezcla hacia abajo en cada taza a medida que avanza. También puede usar un mini molde para muffins.
5. Hornee por 15-20 minutos hasta que los muffins estén firmes al tacto y ligeramente dorados en la parte superior. Servir inmediatamente.

FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición

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