

Baked Broccoli-Cheddar Quinoa Bites

These savory muffin-like quinoa bites are low in carbs and have a delicious cheesy flavor! Quinoa is a healthy grain for those with diabetes, as it's high in both fiber and protein, which helps keep your blood sugar in check. Plus, this dish is perfect as a snack or as a meal – it's ready in under 30 minutes!

Ingredients

- ½ cup quinoa
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- ¾ cup finely chopped broccoli
- ¾ cup shredded Cheddar cheese
- ½ teaspoon baking powder
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground pepper
- 1 large egg, lightly beaten
- Cooking spray

Preparation

1. Preheat oven to 350 degrees F. Line 16 cups of a 24-cup mini muffin pan with paper liners or coat with cooking spray.
2. Cook quinoa with ⅛ tsp. salt according to package directions. Remove from heat and let stand, covered, for 5 minutes. Transfer to a large bowl and let cool for at least 10 minutes.
3. Add broccoli, Cheddar, baking powder, garlic powder, onion powder, pepper, and the remaining ¼ tsp. salt to the quinoa. Stir in egg.
4. Divide the quinoa mixture among the prepared muffin cups, pressing firmly with lightly moistened fingers. Mist the tops with cooking spray.
5. Bake until golden, 22 to 25 minutes. Let cool in the pan on a wire rack for 20 minutes, then remove to the rack to cool completely.

Nutrition

Serving Size: 2 bites

Per Serving: 87 calories; 4.6g protein; 7.8g carbohydrates; 0.9g dietary fiber; 0.4g sugars; 4.2g fat; 32mg cholesterol; 208.7mg sodium

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