



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 1/8 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 1/4 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

Looking for more tips to maintain a healthy lifestyle?

- 1** Log in to your Sharecare account or register at BeWellSHBP.com/Prediabetes.
- 2** Discover tools and resources that can help you improve nutrition, reduce your stress, and live a healthier life