



4 Servings

broccoli quinoa casserole

Ingredients

broccoli	2 1/2 Cup(s)
quinoa (cooked)	1 1/2 Cup(s)
lowfat cottage cheese, 2%	1 Cup(s)
egg	3 large
almond flour	3 Tbsp
sea salt	1/4 teaspoon(s)
black pepper	1/4 tsp

Nutrition Totals

Calories 1009 / **Carbs** 90 g / **Protein** 68 g / **Fat** 33 g / **Fluid** 724 g

Instructions

1. Preheat your oven to around 360 degrees F (180 C) and oil up a casserole dish.
2. Heat the broccoli by following the package instructions.
3. Meanwhile, beat the eggs and mix them with the cooked quinoa, cottage cheese, and flour. Add salt and pepper to taste.
4. Once the broccoli is done, drain it well and add it to the mixture.
5. Add everything into the casserole dish and put it in the oven for 30 to 35 minutes.



Nutrition Label

Broccoli Quinoa Casserole

Amount Per Serving

Calories 252

% Daily Value*

Total Fat 8.3g **13%**

Saturated Fat 2.6g **13%**

Trans Fat 0.2g

Cholesterol 132.3mg **44%**

Sodium 395.3mg **16%**

Total Carbohydrates 22.5g **8%**

Dietary Fiber 4.2g **17%**

Total Sugar 4.6g

Protein 17g

Vitamin D 32.9IU **5%**

Calcium 131.9mg **13%**

Iron 2.4mg **14%**

Potassium 408.6mg

* The % Daily Value (DV) 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.