



Cheesy Ham and Broccoli Quinoa Bites

Recipe Source: www.melskitchencafe.com

Yields: 2-3 dozen mini bites

Ingredients:

- 3 cups cooked quinoa, chilled or at room temperature
- 2 eggs, slightly beaten
- 8 oz lean ham, diced small (about 1 ½ cups)
- 1-2 cups finely chopped steamed broccoli
- ½ tsp salt
- ¼ cup finely shredded Parmesan cheese
- 2 cups shredded sharp cheddar cheese

Steps:

- Preheat the oven to 350° degrees F.
- In a large bowl, stir together all the ingredients except the cheese until combined.
- Stir in the cheese until well distributed. Lightly grease a muffin cup tin. Scoop the quinoa mixture into the tin, filling the cups all the way to the top and lightly pressing to pack the mixture. It may help to use a cookie scoop (about 2 Tbsp size) to scoop the mixture into the tin.
- Bake for 15-18 minutes, until golden on top. Remove from the tin and repeat with the remaining mixture. Serve warm or at room temperature.

Tips from the Test Kitchen: You can leave out the ham and try different herbs and/or vegetables. Use reduced-fat cheese.

Nutritional Facts (per serving): Calories: 92, Carbohydrates: 6 grams, Protein: 7 grams, Total Fat: 5 grams, Saturated Fat: 2 grams, Cholesterol: 33 mg, Sodium: 136 mg, Fiber: 1 grams, Total Sugars: 0 grams.