

Quinoa Spinach Bake

Ingredients:

1 package fresh baby spinach
½ cup olive oil
1 medium onion, diced
1 Tablespoon minced garlic
½ Tablespoon thyme
1 cup sun-dried tomatoes, julienned
½ teaspoon red pepper flakes
1 teaspoon white pepper
1 box quinoa, dry
4 cups water
1 cup cottage cheese
1 Tablespoon salt
2 eggs
1 cup parmesan cheese, shredded

Directions:

1. Bring quinoa and water to a boil.
2. Simmer 5 minutes, cover and let stand additional 10 minutes.
3. Saute onions with dried tomatoes and garlic in olive oil until onions are translucent.
4. Add spinach, thyme, red pepper, white pepper, and salt.
5. Saute until spinach wilts, set aside.
6. Mix cooked quinoa, cottage cheese, parmesan cheese, and eggs.
7. Fold quinoa mixture into the spinach mixture and pour into pan.
8. Cover with parchment paper and bake at 350° F for 25-35 minutes until internal temperature reaches 170°.

Nutrition Information:

Calories: 176
Total Fat: 8 grams
Saturated Fat: 2 grams
Protein: 8 grams
Carbohydrate: 19 grams
Fiber: 2.3 grams
Sodium: 676 mg
Cholesterol: 31 mg
Nutricare Nutrition Services, Saint Joseph Mercy Hospital (734) 712-5800

Recipe provided by Hillers Market