

QUINOA BITES

From Chelsey Hernandez

Ingredients:

1 cup GOYA® Organic Quinoa

1 packet GOYA® Chicken Bouillon

2 eggs, beaten

1 cup GOYA® Frozen Broccoli Florets, thawed and chopped

½ medium yellow onion, chopped

1½ cup GOYA® Manchego Cheese, shredded

½ tsp. GOYA® Paprika

½ tsp. GOYA® Adobo All-Purpose Seasoning

Instructions:

Step 1

Preheat oven to 375°F. In small saucepan, add quinoa, chicken bouillon and 2 cups water. Bring to a boil, cover and simmer for 15 minutes or until liquid has been absorbed.

Step 2

In large bowl, combine cooked quinoa, eggs, broccoli, onion, cheese, paprika and Adobo. Mix well, so that flavors are combined and ingredients are evenly distributed.

Step 3

Spray mini-muffin pan with all-purpose cooking spray. Place one heaping tablespoon of mixture in each muffin cup. Bake for 15-20 minutes, until edges are golden. Serve hot.