

# Quinoa Roasted Broccoli

Prep Time: 15 minutes  
Cook Time: 30 minutes  
Total Time: 45 minutes

Yield: 8 servings  
Calories per serving: 88  
Fat per serving: 3.7g

## Ingredients

- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- ½ teaspoon sea salt
- 1 ¼ cups cooked quinoa
- 1 teaspoon liquid smoke
- 1 ½ tablespoons olive oil, divided
- 2 pounds broccoli, cut into long spears
- 2 tablespoons Dijon mustard

## Instructions

1. Preheat oven to 420 degrees. Line a baking sheet with parchment paper.
2. Place garlic, paprika, sea salt and quinoa in a food processor and process for 2 minutes. Add liquid smoke and pulse until combined.
3. Heat ½ tablespoon olive oil in a skillet over medium heat. Add quinoa mixture and cook 8 minutes, or until golden brown.
4. Meanwhile, toss broccoli with remaining 1 tablespoon of olive oil and salt and pepper to taste. Place on the prepared pan with the flat side down and roast for 15 minutes. Turn broccoli. Carefully spread with Dijon mustard and press quinoa mixture into the broccoli. Cook for 10 to 15 more minutes, until broccoli is tender and cooked through.

## Notes

Servings 8, Calories 88, Fat 3.7g, Carbohydrates 11.6g, Protein 4.8g, Cholesterol 0 mg, Sodium 193mg, Fiber 3.8g, Sugars 2.0g, WW Pts 2

<http://www.cookingquinoa.net/quinoa-roasted-broccoli>