

# Broccoli Quinoa Casserole

Yield: 8

Calories per serving: 254

Fat per serving: 15g

## Ingredients

- 5 cups chopped broccoli
- 3 cups cooked quinoa (about 1 cup uncooked)
- 2 cups Cream of Celery Soup (see below)
- ½ teaspoon ground mustard
- ¼ teaspoon cayenne pepper
- 1 ½ cups sharp cheddar cheese OR Daiya Shreds, divided

## Instructions

1. Preheat oven to 350 degrees.
2. Toss together broccoli and quinoa in a large bowl. Add cream of celery soup, ground mustard, cayenne pepper and ¾ cup of shredded cheese. Toss well and transfer to a 13 x 9 baking dish. Top with remaining ¾ cup of cheese and bake for 40 to 45 minutes.

## Notes

**Make Ahead: This dish may be made ahead and frozen prior to baking. If making ahead, steam the broccoli for 8 minutes prior to tossing with the quinoa. (This will preserve the color when frozen.) Allow the casserole to thaw out overnight in the refrigerator and bake for 45 minutes.**

Servings 8, Calories 254, Fat 15g, Carbohydrates 19.7g, Protein 11.6g, Cholesterol 23mg, Sodium 522mg, Fiber 3.4g, Sugars 1.4g

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