



Quick Quinoa Crusted Quiche Recipe

Ingredients

- 1 each - cooking spray
- 1/3 cup - quinoa, uncooked
- $\frac{1}{4}$ cup, chopped - onion
- 1 $\frac{1}{4}$ cup, cubes - butternut squash
- 6 large - egg
- 1 cup - cottage cheese
- $\frac{1}{2}$ cup - cheddar cheese, shredded
- 2 tablespoon - Parmesan cheese, grated
- 1 teaspoon - parsley, dried

Directions

- 1.Preheat the oven to 350 F, and grease 12 muffin cups very well with nonstick spray.
- 2.Spoon 1 teaspoon quinoa into each muffin cup. Carefully tilt the pan to cover the bottom and up the sides about an inch.
- 3.Finely grate the onion & butternut squash. Stir together the remaining ingredients.
- 4.Spoon into muffin cups, filling about 3/4 full.
- 5.Bake for 28-30 min's or until firm to the touch and golden brown around the edges.
- 6.Let cool for in the pan on a wire rack for 10 minutes, then run a sharp paring knife around the edges to help lift out the muffins. (Go slowly, they are dense!)
- 7.Serve warm or at room temperature.
- 8.Store in the fridge for up to 3 days or store in the freezer in a zip top bag and reheat for 30 seconds in the microwave before serving.

