

# balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Quinoa Spinach Bake

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Serves: 4

### **Ingredients:**

1 cup quinoa, dry  
2 eggs  
1 cup milk  
2 teaspoons minced garlic  
½ cup Parmesan cheese  
½ cup cheddar cheese  
3-4 large handfuls of fresh spinach  
1-2 teaspoons olive oil  
1 cup cottage cheese  
Salt and pepper

### **Directions:**

1. Preheat oven to 375 degrees F.
2. Cook quinoa according to package directions. Drain and set aside to cool.
3. In a separate bowl, whisk two eggs and one cup of milk together. Add in cottage cheese, cheddar and Parmesan cheese, garlic, and salt and pepper to taste.
4. In a large pan, heat one teaspoon olive oil over medium heat and add 1-2 large handfuls of spinach. Sauté until just wilted, about 1-2 minutes. Remove from pan and add to cooled quinoa. Repeat with another 1-2 large handfuls of spinach.
5. Combine egg and cheese mixture with the spinach and quinoa mixture and stir thoroughly.
6. Transfer to a small square or rectangular glass pan, sprinkle with Parmesan and cheddar, and bake for 20-25 minutes.

Recipe courtesy Recipe courtesy of Avera Medical Group Dermatologist Jana Johnson, MD