Broccoli Quinoa Casserole

Ingredients:
- 2 (10-oz) packages frozen chopped broccoli
- 1½ cups quinoa, cooked and cooled (measurement is for quinoa after it is cooked)
- 3 eggs
- 1 cup low-fat cottage cheese
- 3 tablespoons white whole wheat flour
- Salt and pepper, to taste
- Shredded parmesan, for topping

Directions:
1. Preheat oven to 350º F. Spray a 2-quart casserole dish with cooking spray.
2. Heat broccoli according to package instructions.
3. While broccoli is cooking, beat eggs and add in cooked quinoa, cottage cheese and flour. Season with salt and pepper.
4. When broccoli is finished cooking, drain it well and fold it into quinoa mixture. Scoop mixture into prepared casserole dish.
5. Bake in preheated oven for 30-35 minutes. Sprinkle some parmesan on top during the last 5 minutes of baking.

Serving size: per serving (6) Calories: 188 Fat: 6 g Saturated fat: 2 g Trans fat: 0 g Carbohydrates: 21 g Sugar: 4 g Sodium: 270 mg Fiber: 4 g Protein: 15 g Cholesterol: 100 mg
Chippers

Ingredients:
- 24 oz semi-sweet chocolate chips or chopped chocolate
- 1 -16 oz bag ridged potato chips, like Ruffles

Directions:

1. Prepare a baking sheet by lining it with waxed paper or parchment and set aside.
2. Place the chocolate in a large microwave-safe bowl and microwave it in 45-second intervals until melted, stirring frequently to prevent overheating.
3. Hold a chip by one end and dip it halfway into the chocolate. Let the chocolate drip back into the bowl, tapping it against the edge several times to remove excess chocolate. Place the dipped chip onto the baking sheet, then repeat until all of the chips are dipped in chocolate.
4. Refrigerate the chips for 15 minutes to set the chocolate, but don’t keep them in the refrigerator longer than that or they might become soggy. These chips are best eaten soon after they are made, to preserve the fresh crunchiness of the chips.

Notes:

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