

Cheesy Zucchini Quinoa Bake

Starch Swap Dishes

Source: www.sugarfreemom.com/recipes/cheesy



SERVES:

4



PREP TIME:

10 MINS



COOKING TIME:

30 MINS



CALORIES:

246 KCAL

INSTRUCTIONS

1. Preheat oven to 400 °F.
2. Toss zucchini, cheddar, quinoa, oil and salt together in a bowl then spread into an 8 by 8 inch baking dish.
3. Sprinkle parmesan over the top and bake for 30 minutes until the top is golden.

With the help of one kitchen gadget, the spiralizer, you can enjoy all the flavor, taste, and texture of your favorite pasta dishes at a fraction of the carbs and calories.

INGREDIENTS

4 cups zucchini noodles or 2 medium zucchini

8 ounces shredded cheddar cheese

1 cup cooked quinoa

2 tablespoons extra virgin olive oil

1/2 teaspoon salt

2 tablespoons grated parmesan cheese

