

Broccoli Cheddar Quinoa Pie

INGREDIENTS

3 cups dry quinoa

6 cups water

12 cups finely chopped broccoli florets (measure after chopping)

4 large carrots, grated

4 medium onions, diced

16 garlic cloves, minced

8 tbsp ground flaxseed

12 eggs

4 cups shredded cheddar cheese (or 1 cup of nutritional yeast for vegans)

1-4 tsp salt, to taste

pepper, to taste

INSTRUCTIONS

Heat oven to 375F. Spray a 4 9-inch pie pans with cooking spray and set aside.

Place quinoa and water in medium pot and bring to a boil. Reduce heat and simmer, covered, for 15 minutes or until all the water has absorbed.

While quinoa is cooking, place the rest of the ingredients in a large bowl and stir to combine.

When quinoa is finished cooking, add to the large bowl and stir until thoroughly mixed.

Scoop mixture into pie pans and bake for 25 minutes.