

Mozzarella-Baked Broccoli and Quinoa

The hands-free, stove-free casserole you've been asking for. We're baking broccoli and quinoa in a magical basil sauce. With plenty of mozzarella and Asiago, it's just five minutes hand-on and naturally low cal. Did we mention it's also delicious?

45 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Casserole
Dish

FROM YOUR PANTRY

Cooking Spray or Olive
Oil

4 MEEZ CONTAINERS

Quinoa
Spinach & Basil Sauce
Cauliflower, Broccoli &
Cheese
Broccoli Florets

Good to Know

Meez Family Favorite!

Health snapshot per serving – 300 Calories, 21g Protein, 12g Fat, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Cauliflower, Quinoa, Mozzarella, Asiago, Parmesan, Green Onion, Garlic, Basil, Spinach, Dijon Mustard, Vegetable Broth, White Pepper.

meez *meals*

1. Getting Organized

Preheat oven to 425 degrees.

2. Assemble the Casserole

Spray (or lightly brush with oil) an oven-safe casserole dish. Combine the **Quinoa, Spinach & Basil Sauce**, 1 cup of water and half the **Cauliflower, Broccoli & Cheese** in the casserole dish. Mix well.

Spread the **Broccoli Florets** evenly across the top and sprinkle with the remaining Cauliflower, Broccoli & Cheese.

3. Bake and Serve

Bake, uncovered, until the broccoli is fork tender and cheese is melty and golden brown, 35 to 40 minutes. Remove from oven and let cool for at least 5 minutes. Enjoy!

Instructions for two servings.

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