Convection Meal for Kids and Adults, Broccoli Quinoa Casserole

Convection

To serve with the convection roast chicken breasts a casserole that features broccoli and cheese is often well received. To make it a little more interesting and nutritious you can add in some cooked quinoa. The quinoa and broccoli need to be cooked prior to assembling the casserole and can be cooked together in the combi-steam oven or in the traditional method on the cooktop. Once assembled the casserole can be baked at the same time the chicken is cooking.

Making a casserole requires a little extra effort, but it is much more appealing especially for kids than a mound of grain and some veggies on the plate. The broccoli and quinoa can be steamed in the Combi steam oven at the same time or prepared in a double boiler on the cooktop. The casserole can be prepared in advance and baked when needed.

Ingredients

½ cup quinoa, Tricolor quinoa has a nice appearance, steamed

1 bunch broccoli, sliced into ½" thick slices, steamed

3 tbsp olive oil

2 tbs fresh lemon juice

2 cups grated mozzarella or cheddar cheese

3 tbsp mayonnaise

1 tbsp Dijon mustard

$\frac{1}{3}$ cup coarsely grated Parmesan cheese

Broccoli Quinoa Casserole

Preparation

Lightly butter or oil an oven casserole dish that will accommodate the broccoli.

Combine the quinoa and broccoli in a large bowl, add the salt and pepper, oil, and lemon juice and toss gently to combine.

Layer the broccoli mixture into the prepared casserole dish.

Combine the cheese with the mayonnaise and mustard and spread evenly over the top of the casserole. Scatter the Parmesan cheese evenly over the top.

Bake in the Convection Bake or Convection Roast Mode 350 °F.

If only cooking two dishes, bake the casserole on the lower oven rack. If baking the brownies as well, bake the casserole on the middle rack for approx 25 - 30 minutes until the cheese is bubbling.

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