



Pepperoni Pizza Quinoa Bake

🕒 Prep: 10 min. Cook: 30 min. Total: 40 min.

👤 Servings: Serves 4-5

1x

2x

3x

INGREDIENTS

- 1 cup quinoa, rinsed and drained (we used Tiny Hero Quinoa*)
- ½ medium onion, diced
- 1 large zucchini, sliced into ¼-inch ‘half-moons’
- 1 medium bell pepper, any color, diced
- 1 clove garlic, minced
- 1 (6-ounce) can tomato paste
- 3 Tbsp. olive oil, divided
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- 2 tsp. dried Italian seasoning
- ½ c. warm water
- ½ tsp. salt
- Pinch of black pepper
- 1 cup shredded mozzarella cheese
- 2 ounces turkey pepperoni slices, cut into fourths
- Fresh basil, optional
- Fresh grated parmesan cheese, optional
- Red pepper flakes, optional

** Note - If using Tiny Hero Quinoa, cooking directions differ slightly from regular quinoa so you'll want to cook it according to the package directions instead of those in Step 2 below.*

INSTRUCTIONS

1. Preheat oven to 350°F. Grease a small casserole dish or 9×9-inch glass baking dish with oil and set aside.
2. Place quinoa in a fine-mesh strainer and rinse under cool running water for 30-60 seconds. Transfer to a medium saucepan and add 2 cups water or broth. Bring to a boil then cover pan and reduce heat to medium-low. Allow quinoa to cook, covered, for 15 minutes or liquid is absorbed. Let stand covered for 5 minutes then fluff with fork.
3. While quinoa is cooking, place a large skillet over medium-high heat. Add 1 Tbsp. olive oil. When oil just begins to shimmer, add onions and peppers. Saute for 5-6 minutes, stirring occasionally, until onions start to soften. Add zucchini and garlic. Continue to cook an additional 7-8 minutes or until veggies are tender.
4. While veggies are cooking, combine ingredients for sauce: tomato paste through black pepper, including the 2 Tbsp. of remaining olive oil. Stir until well combined, taste and adjust seasonings as desired.
5. Add quinoa, sauce, pepperoni and $\frac{3}{4}$ cup mozzarella cheese to the veggies in the skillet, reserving a few pepperoni slices for the top.
6. Transfer to a 9×9-inch baking dish (*or leave it in the skillet if you're using cast iron!*)
7. Sprinkle top of casserole with remaining $\frac{1}{4}$ cup mozzarella cheese and reserved pepperoni slices.
8. Bake for 15 minutes or until hot throughout and cheese is bubbly on top. Garnish with fresh basil, if desired.

NOTES

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Thank you!

NUTRITION INFORMATION

Serving Size: 1/5th recipe **Calories:** 348 **Fat:** 17g **Sodium:** 651mg
Carbohydrate: 36g (**Fiber:** 7g **Sugar:** 6g) **Protein:** 17g

DIETARY

Egg-Free **Gluten-free** **Nut-free**

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