

QUINOA AND BEANS ENCHILADA BAKE

Prep Time 25 mins | Cook Time 35 minutes | Yields 10 servings



INGREDIENTS

- 1 cup uncooked quinoa, rinsed
- 2 cups of water
- 1 tablespoon olive oil
- 1 large yellow onion
- 3 cloves garlic
- 1 cup frozen corn
- 1 red bell pepper
- 1 orange or yellow bell pepper
- 1 lime
- 2 15-ounce can beans, rinsed
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon salt
- 2 cups red enchilada sauce
- 2 cups shredded Mexican cheese
- Salsa to taste
- Plain Greek Yogurt or Sour Cream to taste
- Spinach or Romaine to taste

INSTRUCTIONS

- 1) Preheat the oven to 350 degrees F. Grease a 8X11 or so baking dish with cooking spray and set aside.
- 2) Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 2 minutes. Turn the heat to low and simmer for about 15 minutes or until all of the water is absorbed. Remove from the heat and remain covered until step 6.
- 3) Heat oil in a large nonstick skillet over medium-high heat. Chop onion and add onion and corn to the skillet. Mince the garlic and add it to the skillet, stirring until the onion begins to brown, about 5 minutes.
- 4) Seed and dice the bell peppers and add those to the skillet. Cook for about 3-4 minutes.
- 5) Juice the lime and add that as well as the spices to the skillet, adjust heat to simmer.
- 6) In a large bowl, add the cooked quinoa and the beans. Add the sauteed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add ½ cup of the shredded cheese and stir.
- 7) Pour the mixture into the prepared baking dish. Top with the remaining shredded cheese. Cover with foil and bake for 20 minutes. After 20 minutes, remove the foil and bake for an additional 10 minutes or until the cheese is melted and the edges are bubbling.
- 8) Remove from the oven and allow it to cool for 10 minutes. Serve with your choice of salsa, Greek yogurt or sour cream, and/or leafy greens. Enjoy!

Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 1 g	
Polysaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 507 mg	21 %
Potassium 589 mg	17 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 9 g	35 %
Sugars 4 g	
Protein 13 g	25 %
Vitamin A	35 %
Vitamin C	80 %
Calcium	23 %
Iron	14 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	