

Cheesy Green Chile Quinoa Casserole

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

Yield: 8
Calories per serving: 242
Fat per serving: 10.9g

Ingredients

- Olive oil spray
- 3 cups cooked quinoa
- 16 ounces non-fat plain Greek Yogurt OR (vegan) sour cream
- 1/4 cup milk of choice
- 2 cups shredded cheddar OR Daiya shreds, divided
- 1 cup finely chopped onion
- 4 ounces chopped green chiles
- 1 jalapeno pepper, seeded and diced
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1/4 teaspoon fresh ground black pepper

Instructions

1. Preheat oven to 350 degrees. Spray an 8 inch baking dish with olive oil spray.
2. In a large bowl combine yogurt and milk. Add quinoa, 1 1/2 cups cheese, onion, green chiles, jalapeno, cumin, sea salt and fresh ground black pepper. Top with remaining 1/2 cup cheese. Bake for 30 minutes.
3. May be frozen prior to baking. Thaw dish in the refrigerator. Bake for 30 to 40 minutes, until heated through.

Notes

Serves 8 (as a side dish), Calories 242, Fat 10.9g, Carbohydrates 18.7g, Protein 16.6g, Cholesterol 34mg, Sodium 378mg, Fiber 1.7g, Sugars 4.1g

<http://www.cookingquinoa.net/cheesy-green-chile-quinoa-casserole>