

QUINOA ENCHILADA CASSEROLE

INGREDIENTS:

- 1 cup quinoa
- 2 cups water
- 1 can Old El Paso enchilada sauce (10 ounces)
- 1 can chopped green chilies (4.5 ounces)
- 1/2 cup corn kernels, frozen
- 1/2 cup canned black beans, drained and rinsed
- 2 tablespoons cilantro, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 3/4 cup cheddar cheese, shredded
- 1 avocado, halved and diced
- 1 Roma tomato
- Salt and pepper, to taste

DIRECTIONS

1. In a large saucepan, add 2 cups water; cook quinoa according to package instructions; set aside.
2. Preheat oven to 375°F. Lightly oil an 8x8 or 2-quart baking dish, or coat with nonstick spray.
3. In a large bowl, combine quinoa, enchilada sauce, green chilies, corn, black beans, cilantro, cumin, chili powder, and season with salt and pepper if desired. Stir in 1/2 cup cheddar cheese.
4. Spread quinoa mixture into prepared baking dish. Top with remaining cheese. Place into oven and bake until bubbly and cheese has melted, about 15 minutes.
5. Serve immediately, garnished with avocado and tomato.

Nutrition Facts

Serving Size 1 cup (116g)
Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 260mg **11%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 9g

Vitamin A 6% • **Vitamin C 8%**

Calcium 10% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

