



Cheddar Chicken Quinoa Bake

Yield: 4 servings

Cost Per Serving: N/A

Cook Time: 45 minutes

Ingredients:

- 1 Tbsp olive oil
- 1 shallot (minced)
- 1 garlic clove (minced)
- 2 green onions (chopped)
- 1 tomato (chopped)
- 1 (8oz) can no salt added tomato sauce
- ¼ cup cilantro (chopped)
- 1 ½ cups grated 2% milk fat cheddar cheese (divided)
- Dash of red pepper flakes
- Salt and pepper to taste
- 2 cups cooked and shredded chicken
- 2 cups cooked quinoa
- ½ red bell peppers (chopped)
- 1 green chili pepper (diced)

Directions:

1. Preheat oven to 375 °F and grease an 8 x 8 baking dish.
2. In a skillet over medium-high heat, add olive oil, shallot, garlic and green onions. Sauté for about 2-3 minutes.
3. Add chopped tomato, tomato sauce, red pepper flakes, salt and pepper. Stir and simmer for 5-7 minutes.
4. Meanwhile, combine quinoa, chicken, red pepper, chili pepper, cilantro, and 1 cup cheddar cheese in a large bowl. Season with salt and pepper to taste.
5. Add sauce to the bowl and toss to combine.
6. Transfer mixture to the baking dish.
7. Top with remaining ½ cup of cheddar cheese and cover with foil.
8. Bake for 15 minutes. Remove the foil and bake for another 10 minutes.
9. Remove from the oven and garnish with additional green onions and/or cilantro.