

Fiesta Quinoa Casserole

Ingredients

- 1 Olive oil spray
- 2 1 onion, chopped
- 3 1 poblano chile pepper, seeded and chopped (I used 1/2)
- 4 1 red bell pepper, seeded and chopped
- 5 2 cups frozen corn, thawed
- 6 3 tablespoons butter OR olive oil
- 7 3 tablespoons whole wheat OR gluten free flour
- 8 1 teaspoon chili powder
- 9 1 teaspoon smoked paprika
- 10 $\frac{3}{4}$ teaspoon ground cumin
- 11 $\frac{1}{8}$ – $\frac{1}{4}$ teaspoon chipotle chili powder
- 12 1 teaspoon sea salt
- 13 2 cups unsweetened almond milk OR milk of choice (I used coconut)
- 14 8 ounces Monterey Jack Cheese OR Daiya Pepper Jack shreds
- 15 3 cups cooked quinoa
- 16 1 $\frac{1}{2}$ cups black beans (about 1 can)
- 17 For serving: Pico De Gallo, Salsa, Avocado, Sour Cream
- 18

Instructions

- 1 Preheat oven to 350 degrees. Spray a large baking pan with olive oil.
- 2 Spray a large skillet with olive oil and heat to medium. Add onion, poblano pepper and red pepper and cook for 8 to 10 minutes, until tender. Add corn and cook for 4 more minutes.
- 3 Meanwhile, melt butter or heat olive oil in a medium saucepan. Add flour, chili powder, paprika, cumin, chipotle chili powder and salt. Cook for 2 to 3 minutes. Add in milk and cook, stirring often, until thick. Add cheese and cook until melted.
- 4 Place quinoa and black beans in a large bowl. Add vegetable mixture and toss. Add cheese mixture and stir until well combined. Transfer to prepared baking dish.
- 5 Bake for 30 minutes. Serve with pico de gallo, salsa, avocado or sour cream if desired.

Notes

Servings 8, Calories 327, Fat 15.6g, Carbohydrates 33.6g, Protein 15.3g, Cholesterol 37mg, Sodium 527mg, Fiber 7.3g, Sugars 3.3g, WW Pts 9 May