

Broccoli and Cheddar Quinoa Casserole

From the kitchen @ HammersNHugs.com



Ingredients:

2 c quinoa
5 ½ c chicken stock
2-3 chicken breasts, cubed
1 T butter
3 garlic cloves, minced
1 small onion, diced

2 T flour
4 c (1lb bag) broccoli florets
1 c (2 large) carrots, diced
3 c sharp cheddar cheese, shredded
½ c nonfat, plain Greek yogurt
Salt and pepper

Directions:

Combine 2c quinoa with 4c chicken stock in large saucepan. Cover and bring to a boil. Take off lid and simmer for 15 minutes or until liquid has evaporated. Set aside. Cube the chicken and cook. Set aside. In a large saucepan, melt 1 T butter and saute the diced onion and minced garlic for approx 4 minutes. Add the flour and stir to coat. Pour in the remaining 1 ½ c chicken stock and bring to a simmer. Add the broccoli and the carrots. Place the lid on the pan and while still simmering allow the vegetables to steam for approx 5 minutes. Remove from the heat. Stir in the Greek yogurt and 2c shredded cheese. Add the chicken and the quinoa and mix. Transfer to a greased 9x13 baking dish. Sprinkle the remaining 1c shredded cheese on top. Bake at 350 for 30 minutes or until cheese on top has lightly browned.

To Freeze:

Allow the casserole to cool completely in microwave/freezer safe glass bowl. Seal tightly and place in freezer. Can be safely deep frozen for up to 3 months. Thaw in fridge overnight. Reheat in microwave as needed.