

Broccoli and Cheddar Quinoa Casserole

FROM THE KITCHEN OF AHNA @ HAMMERSNHUGS.COM



INGREDIENTS:

2 C QUINOA
5 ½ C CHICKEN STOCK
2 CHICKEN BREASTS, CUBED
1 T BUTTER
3 GARLIC CLOVES, MINCED
1 SMALL ONION, DICED

2 T WHITE WHOLE WHEAT FLOUR (LEAVE OUT FOR GF)
4 C (1LB BAG) BROCCOLI FLORETS
1 C (2 LARGE) CARROTS, DICED
3 C (24OZ) 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. 12 SERVINGS.

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.

MACROS PER SERVING: 370 CALS 10G NET CARBS 24G FAT 30G PROTEIN