



Tuscan Quinoa Casserole

MyPlate2Yours - Lynn Dugan

Ingredients

1-1/2 cups quinoa, dry
2 tablespoons olive oil
2 cloves garlic, minced
15 ounce can chickpeas (Garbanzo beans), rinsed and drained
1 zucchini, diced
2 bell peppers; 1 red and 1 yellow, diced
1 large carrot, diced (or 1 cup baby carrots, sliced)
1/2 cup diced red onion (1/2 large)
juice from 1/2 lemon
3/4 cup parsley, chopped
1/2 cup shredded mozzarella
1/2 cup skim milk
1/2 teaspoon salt, 1/4 teaspoon pepper
1 tablespoon fresh oregano, chopped
1/4 cup shredded parmesan cheese
Red pepper flakes, to taste

Directions

Preheat oven to 350 degrees. Cook quinoa as directed per package, undercook by 5 minutes.

In a large skillet over medium heat, sauté garlic and vegetables (zucchini, bell peppers, carrots, red onion) in olive oil until vegetables are tender. Season with salt, pepper and oregano. In a large bowl, combine quinoa, sautéed vegetables, lemon juice, and parsley. Stir in milk and cheese. Add red pepper flakes, to taste. Transfer to a prepared 9×13 baking sheet. Sprinkle with 1/4 cup parmesan cheese. Bake 30 minutes uncovered. Serve warm. Enjoy!