



Spinach Artichoke Quinoa Egg Bake

MyPlate2Yours - Lynn Dugan

Serving Size: 8-10

Ingredients

1-1/2 cups quinoa, uncooked
1 large sweet onion, thinly sliced
3 cloves garlic, minced
1 tablespoon olive oil
2 cups milk
4 eggs
1-14 ounce can artichokes, drained and chopped and drained again
10 ounce package of spinach
1/2 cup shredded Parmesan cheese
1-1/2 cups mozzarella cheese, shredded
1/2 teaspoon each: salt and freshly ground pepper

Directions

In a medium pot, heat 3 cups water until boiling. Add quinoa, reduce heat, cover and simmer for 12 minutes until water absorbed and quinoa unravels. Prepare 9 x 13 inch baking dish with cooking spray. Pour cooked quinoa into baking dish.

Preheat large skillet on medium heat and add olive oil. Sauté onion and garlic until onion is translucent. Add artichoke and spinach. Add contents of skillet to quinoa in baking dish. Season with salt and pepper. Mix to combine.

Preheat oven to 375 degrees. In a small bowl, whisk together milk and eggs. Mix in Parmesan and 1 cup mozzarella. Pour into baking dish and gently mix into contents. Sprinkle casserole with remaining 1/2 cup mozzarella. Bake for 30 minutes and serve hot.

