

Quinoa taco casserole

Makes 4-6 servings

1 tablespoon canola oil
1 cup quinoa (uncooked)
15oz can roasted diced tomatoes with green chilies
15oz can no-salt added black beans, drained
2 tablespoons reduced sodium taco seasoning
2 cups shredded 2% Mexican blend cheese



Preheat oven to 350F. Coat inside of 8x8 baking dish with canola oil.

Add the quinoa, tomatoes, black beans, and seasoning to the dish. Add 1.5 cups water. Stir gently to mix. Cover the dish with a lid, or with foil.

Bake for 20 minutes. Remove cover and top casserole with cheese. Bake five more minutes or until cheese bubbles.

Adapted from The 5 Ingredient College Cookbook by Pamela Ellgen



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