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Black Bean and Quinoa Enchilada Bake

Enchilada bake

Preheat the oven to 350 degrees and spray a 9x13 in pan with cooking spray.



Add quinoa and water to medium saucepan and bring to a boil. Boil for 5 minutes then turn the heat down and simmer for 15 minutes or until the water is absorbed. Fluff with a fork and set aside.

In a large skillet over medium high heat up the olive oil, add onion, garlic and Jalapeño. Saute until soft, about 5 minutes.



Add peppers and corn and saute for 5 more minutes.
Add lime juice, cumin, chili powder and cilantro. Stir and combine and season with salt and pepper.



In a large mixing bowl stir quinoa and black beans. Add the veggie mixture and combine, stir in 1/2 of the cheese and all of the Enchilada sauce.



Pour the mixture into the 9x13 pan, sprinkle remaining cheese on top. Then cover with foil and bake for 20 minutes, remove foil and bake for 10 minutes longer until cheese is melted and bubbly. Remove and cool!

Serve and enjoy!!!

If you are doing the fix I measured out 1 yellow and also counted it as 1 red. I served with a side of steamed green beans which is a green.