

# Cheddar Chicken Quinoa Bake

Makes 4 servings

## Ingredients:

- 1 TBSP olive oil
- 1 shallot, minced
- 1 clove garlic, minced
- 2 green onions, chopped
- 1 tomato, chopped
- 1 8 oz. can tomato sauce
- Dash of red pepper flakes
- Salt and pepper
- 2 cups cooked & shredded chicken
- 2 cups cooked quinoa
- ½ red bell pepper, chopped
- 1 green chili pepper, diced (optional)
- ¼ cup cilantro, chopped
- 1 ½ cups grated 2% milk fat cheddar cheese, divided

## Instructions:

1. Preheat oven to 375 degrees and grease an 8 x 8 baking dish.
2. In a skillet over medium-high heat, add olive oil, shallot, garlic and green onions. Sauté for about 2-3 minutes.
3. Add chopped tomato, tomato sauce, red pepper flakes, salt and pepper. Stir and simmer for 5-7 minutes.
4. Meanwhile, combine quinoa, chicken, red pepper, chili pepper, cilantro, and 1 cup cheddar cheese in a large bowl. Season with salt and pepper to taste.
5. Add sauce to the bowl and toss to combine.
6. Transfer mixture to the baking dish.
7. Top with remaining ½ cup of cheddar cheese and cover with foil.
8. Bake for 15 minutes. Remove the foil and bake for another 10 minutes.
9. Remove from the oven and garnish with additional green onions and/or cilantro.