



Mexican Quinoa & Chicken Bake

Yields: 8 servings

Prep time: 10 min

Cook time: 35 min

INGREDIENTS:

- 1 cup of uncooked quinoa
- 4 cups of cooked chicken (shredded)
A rotisserie chicken works well for this.
- 1 tablespoon of coconut oil
- 1 tablespoon of minced garlic
- 1½ cups of chopped yellow onion
- 1 8 oz. can of corn (drained)
- 1 15 oz. can of black beans (drained)
- 1 10 oz. can of red enchilada sauce
- ½ teaspoon of salt
- 2 teaspoons of pepper
- 1 ½ teaspoons of cumin
- 1 teaspoon of chili powder
- 2 cups of monterrey jack shredded cheese
- 2 cups of pico de gallo
- 1 avocado (chopped)

TOOLS:

- [ID 21 Steel Sauteuse with Lid \(5 Qt.\)](#)
- [ID 21 Steel Saucepan with Pour Spout & Strainer \(2.5 Qt.\)](#)





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PROCESS:

1. Heat oven to 350 °F. Also, heat coconut oil in sauteuse pan. Saute chopped onion over medium heat for 5 minutes. Then add minced garlic. Saute for another 2 minutes and turn the heat down to lowest setting.
2. Cook quinoa according to instructions in the 2.5 Qt. Saucepan. Be sure to drain well and then set aside.
3. If you aren't using pre-shredded chicken, go ahead and shred the rotisserie chicken and add to the sauteuse pan.
4. Add in all of the seasonings (salt, pepper, cumin, and chili powder).
5. Add in beans, corn, pico de gallo, quinoa, and enchilada sauce. Mix well. Remove from heat.
6. Sprinkle the cheese all over and place in oven for 35 minutes.
7. Remove from oven and garnish with more pico de gallo and avocado. Plate and serve.

Enjoy!