

# Quinoa Enchilada Bake

Prep: 20 minutes | Cook: 30 minutes | Chill: 10 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~4-inch square piece

## Ingredients

Nonstick cooking spray  
½ cup uncooked quinoa, rinsed  
1 cup water  
1 tablespoon olive oil  
1 medium bell pepper, diced (about 1 cup)  
½ medium onion, diced (about ½ cup)  
2 teaspoons chili powder  
½ teaspoon ground cumin  
½ teaspoon garlic powder  
1 (15-ounce) can no-salt-added black beans, drained and rinsed  
1 cup frozen corn  
1 cup enchilada sauce (store-bought or [homemade](#))  
1 (5-ounce) can green chiles  
1 cup shredded Mexican blend cheese, divided  
¼ cup chopped fresh cilantro  
1 lime, cut into wedges

## Directions

1. Preheat the oven to 350°F. Spray an 8x8-inch baking dish with cooking spray and set aside.
2. Add the quinoa and water to a small saucepan and bring to a boil, then reduce the heat to a simmer. Cook until tender, about 10-15 minutes, then remove from the heat.
3. Meanwhile, heat a medium skillet or sauté pan over medium-high heat. Add the oil, bell pepper, and onion. Cook until softened, about 5-7 minutes.
4. Add the chili powder, cumin, and garlic powder. Cook until fragrant, about 30-60 seconds, then remove from the heat.
5. In a medium mixing bowl, stir together the beans, corn, enchilada sauce, green chiles, and ¼ cup of the cheese. Stir in the cooked quinoa and the vegetable mixture.
6. Transfer the mixture to the prepared baking dish. Top with remaining ¾ cup of cheese.
7. Spray one side of a sheet of foil with cooking spray and place over the baking dish. Wrap around the edges to seal.
8. Bake for 20 minutes, then remove foil and continue baking until the cheese is melted and the edges are bubbling, about 10 minutes. Let cool for 10 minutes.
9. Sprinkle with the cilantro, then cut into four pieces and serve warm with the lime wedges.

## Recipe Notes

- This recipe freezes well, before or after baking. Freeze for up to 3 months. When ready to cook, cover with the foil and place in the preheated oven. Add 10 minutes to the initial cooking time, for a total cooking time of about 40 minutes.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 9 g | Saturated Fat: 2 g  
Sodium: 735 mg | Total Carbohydrate: 51 g | Dietary Fiber: 11 g | Protein: 19 g**

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