

# Mexican Chicken Quinoa Casserole

Yield: 8 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-chicken-mexican-thm-recipe>

## Ingredients:

- 1 cup quinoa uncooked
- 1 tablespoon olive oil
- 1 yellow onion chopped
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- 1 pound boneless skinless chicken breasts cut into bite-size pieces, about 2 large breasts
- 1 tablespoon chili powder plus 2 teaspoons
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 teaspoon minced garlic
- 2 cloves
- 1 can fire-roasted diced tomatoes 15 ounces well drained
- 1 can black beans 15 ounces, rinsed and drained
- 1 cup plain greek yogurt
- 1/2 cup grated sharp cheddar cheese freshly, divided
- 1/2 cup grated mozzarella cheese freshly, divided
- fresh cilantro for serving

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 55 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 23 grams

7. SaturatedFat: 4 grams
  8. Sodium: 540 milligrams
  9. Sugar: 3 grams
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