

Mexican Chicken Verde Quinoa Casserole

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 1 pound chicken breast chopped into bite-sized pieces
- 1 cup quinoa rinsed
- 2 cups black beans canned, drained and rinsed
- 2 yellow squash medium, or zucchini, chopped
- 8 ounces mushrooms quartered
- 4 ounces green chilies drained
- 3/4 cup salsa verde
- 1 tablespoon chili powder
- 1 1/2 teaspoons cumin
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups chicken broth low-sodium
- 2 cups peppers and onions, frozen
- 1 cup jack cheese grated
- avocado optional
- hot sauce optional
- cilantro optional
- green onions optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 100 milligrams
4. Fat: 21 grams
5. Fiber: 29 grams
6. Protein: 55 grams
7. SaturatedFat: 8 grams

8. Sodium: 1300 milligrams
 9. Sugar: 10 grams
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