

# Quinoa Fiesta Enchilada Bake

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-fiesta-bake-recipe>

## Ingredients:

- 1/2 teaspoon olive oil
- 1 clove crushed garlic
- cooking spray
- 1 1/4 cups quinoa rinsed and drained
- 8 ounces tomato sauce
- 2 cups chicken broth reduced-sodium
- 1 1/2 teaspoons cumin
- 1 tablespoon chipotle en adobo sauce, or more if you want it spicy
- kosher salt
- freshly ground black pepper
- 4 ounces diced green chiles
- 3/4 cup canned black beans drained and rinsed
- 3/4 cup corn fresh or frozen thawed
- 1/4 cup chopped fresh cilantro plus 2 tbsp for garnish
- 1 1/2 cups shredded mexican cheese blend part-skim, divided\*
- 4 ounces Haas avocado diced
- 2 tablespoons scallions chopped

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 55 milligrams
4. Fat: 27 grams
5. Fiber: 12 grams
6. Protein: 26 grams
7. SaturatedFat: 11 grams
8. Sodium: 1230 milligrams
9. Sugar: 9 grams

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