

# Cheesy Baked Quinoa with Chicken and Vegetables

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-quinoa-recipe-indian>

## Ingredients:

- 1 cup quinoa 2 cups cooked
- 2 cups veggies fresh, I used broccoli this time, chopped
- 1 1/2 cups tomato sauce your favorite, 12 ounce jar
- 2 cups cooked chicken rotisserie chicken works well or cook 2 chicken breasts
- 1/3 cup heavy cream or Greek yogurt
- 1 cup mozzarella
- 2 tablespoons basil chopped
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 7 grams

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