

Turkey and Spinach Quinoa Casserole

Ingredients

2 c Quinoa
2 lb Ground Turkey
1 Onion (chopped)
4 clv Garlic (minced)
1/2 lb Spinach (chopped)
1 T Olive Oil
2 c Tomato Sauce
1 c Breadcrumbs
3 c Cheddar Cheese (shredded)
1/4 t Dried Thyme
2 t Dried Basil
2 Green Onions (chopped)
1 Tomato (chopped)
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. Cook quinoa as per package instructions and undercook by 4 minutes. Add to a large mixing bowl.
2. Preheat oven to 375 F degrees and spray 9 x 13 baking dish with cooking spray. Set aside.
3. Preheat skillet on medium heat and spray with cooking spray. Add turkey and sauté for 5 minutes breaking into pieces with the spatula. Drain the excess liquid and add to the bowl with quinoa.
4. Return skillet to the heat and add olive oil. Add garlic and onions, and fry until golden brown. Add spinach and sauté until it's wilted. Transfer to a bowl with quinoa and turkey.
5. In the same bowl, add tomato sauce, bread crumbs, 2 cups of cheese, thyme, basil, salt and ground pepper to taste. Mix enough to combine.

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6. Transfer the mixture in a baking dish, sprinkle with remaining 1 cup of cheese and bake for 25 minutes. Serve immediately, no need to let the casserole cool down.

7. Sprinkle with diced tomatoes and green onions.
Optional dollop of Greek yogurt or salsa.