

## Quinoa Enchilada Bake

Recipe Source: : "[\*\*The Ultimate Recipe for an Energetic Life: Simple Steps to Eating Well and Feeling Your Best\*\*](#)" by Kathy Parry  
(CreateSpace Independent Publishing Platform)

1 cup quinoa cooked according to package directions  
1 15 oz can black beans, rinsed, organic if possible  
1 cup diced zucchini  
4 cups fresh spinach, chopped in 1/2-inch pieces (measure first then chop) or  
a package of frozen spinach  
Thawed and squeezed dry  
1 cup favorite salsa  
1-1/2 cup cheddar or Mexican blend cheese  
Salt and pepper to taste  
(You can also add 1/2 teaspoon each cumin or chili powder if you like things  
a bit more flavorful!)

Toppings of choice:

Chopped tomatoes, avocados, lettuce, jalapenos, red or green peppers etc.

Preheat oven to 350 degrees.

Cook the quinoa and remove the pot from the stove. Stir in every other ingredient, but reserve 1/2 cup of the cheese. Stir until the spinach begins to wilt a bit. Pour the quinoa mixture into a casserole dish, approximately 9 x 7 (anything you have that is a bit smaller than 11 x 13 will work). Spread it out evenly.

Top with remaining cheese and put in prepared oven. Bake for 20 minutes. Remove from oven and let the casserole sit for 5 to 10 minutes, or until all liquid seems to be absorbed.

Serve in bowls, taco shells, or tortillas with favorite toppings.

Yield: 4 to 6 servings