

Easy Spinach Casserole with Artichokes & Quinoa

Recipe Yields: 9 Servings

Ingredients

3 cups quinoa, cooked to package directions (about 1 cup of dry quinoa)

12 ounces frozen spinach, defrosted, cooked, and excess water removed

1 tablespoon olive oil

1 small onion, finely chopped

2 garlic cloves, minced

1 can artichoke hearts, chopped

2 eggs

5.3oz container of plain fat free Greek yogurt

2 tablespoons sour cream

1 cup Italian blend cheese, shredded (separated)

1/4 cup pepper jack cheese, shredded

Instructions

1. Preheat oven to 375°F.
2. Grease a 9×13 glass pan with either olive oil spray or butter.
3. Over medium heat, place oil into a large pan, add the onion and garlic and saute for 2-3 minutes.
4. Add cooked spinach, artichokes, and a dash of salt & pepper to the pan and cook for five minutes, stirring frequently.
5. Combine eggs, yogurt, sour cream, and cheeses in a large bowl. Whisk together until well-combined and set aside.
6. Remove spinach mixture from heat and allow to cool. Mix with egg mixture and cooked quinoa in a large bowl until well-blended.
7. Place the mixture into the casserole dish, smoothing the top with the back of a spoon. Sprinkle a few tablespoons of cheese on top and cook for 30-35 minutes, until top is light golden brown.

