Mexican Chicken Casserole

Ingredients

1 C quinoa

2 C water

As needed: oil for cooking chicken and vegetables

2 lb boneless skinless chicken breast cut into bite-sized pieces

1 yellow onion, small dice

1 green bell pepper, small dice

1 red bell pepper, small dice

1 T chipotle powder

½ T cumin

S+P TT

1 can fire-roasted tomatoes

1 can black beans, rinsed

1 C Greek yogurt

1 C Mexican cheese blend

½ bunch minced cilantro

Procedure

1) Preheat oven to 350F, and start cooking the quinoa as normal, 20 minutes on the heat, 10 minutes off

2) Saute the chicken breast until done, set aside in large bowl

3) In the same pan, saute the onion and bell pepper until done, add to chicken

4) Stir together all of the ingredients in the large bowl, mixing well adding S+P TT

5) Pour all ingredients into large baking dish, cover with cheese and cilantro, and bake for about 5 minutes, or until the cheese is melted and bubbly

6) Portion out evenly and serve