

Broccoli Quinoa Casserole

Prep Time 10 minutes

Cook Time 20 minutes Total Time 30 minutes Yield 8 servings

Healthy, cheesy comfort food without any of the guilt!



- 1 cup quinoa
 - 1 head broccoli, cut into florets and finely chopped
 - 2 tablespoons olive oil, divided
 - 1/3 cup Panko*
 - 3 boneless, skinless thin-sliced chicken breasts
 - Kosher salt and freshly ground black pepper, to taste
 - 2 tablespoons unsalted butter
 - 2 tablespoons all-purpose flour
 - 2 cups 2% milk
 - 1 1/2 cups shredded cheddar cheese, divided
 - 1/3 cup Greek yogurt
- Preheat oven to 350 degrees F. Lightly oil an 9x13 baking dish or coat with nonstick spray.
 - In a large saucepan of 2 cups water, cook quinoa according to package instructions. Within the last 5 minutes of cooking time, add broccoli on top and steam until cooked through.
 - Heat 1 tablespoon olive in a large skillet over medium high heat. Add Panko and cook, stirring, until browned and toasted, about 3 minutes; set aside.
 - Heat remaining 1 tablespoon olive oil in the skillet. Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces; set aside.
 - Melt butter in the skillet over medium heat. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 3-4 minutes. Stir in quinoa, broccoli, chicken, 1 cup cheese and Greek yogurt; season with salt and pepper, to taste.
 - Spread broccoli mixture into the prepared baking dish; sprinkle with remaining 1/2 cup cheese. Place into oven and bake until cheese has melted, about 5 minutes.
 - Serve immediately, sprinkled with Panko, if desired.

Notes

*Panko is a Japanese-style breadcrumb and can be found in the Asian section of your local grocery store.