

Quinoa Casserole

Ingredients:

- * 2 cups cooked quinoa
- * 4 eggs (beaten)
- * ½ purple onion
- * 1-2 jalapeno
- * 2 large handfuls fresh spinach, rough chopped
- * 1 pound cooked ground turkey, beef, or chicken (seasoned to taste)
- * 1-2 cups shredded cheese (any kind)
- * 1 teaspoon minced garlic



Directions:

In food processor, puree onion and jalapeno. In a large bowl, combine all ingredients together, mix well, and pour into a baking dish.

Top with additional cheese if desired.

Bake at 325 degrees for approximately 20 minutes.

Cool and cut into 2" squares. Very easy!

