



Cooking in the Kitchen at Olums

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*Delicious Recipes
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Chicken & Broccoli Quinoa Casserole

Serves 8

Ingredients:

- 3 cups vegetable stock
- 1 cup quinoa, rinsed and drained
- 3 cups broccoli florets, cooked
- 2 tablespoons olive oil
- 1 cup onion, chopped
- 1 cup celery, chopped
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 teaspoon poultry seasoning
- 2 chicken breasts, cooked and cut into bite-size pieces
- 1 ½ cups shredded cheddar cheese
- 1 cup panko bread crumbs

Directions:

1. Preheat the oven to 350° F. Spray a 9" x 13" baking dish with nonstick spray.
2. In a sauce pan bring 2 cups of the vegetable stock to a boil, stir in the rinsed and drained quinoa. Cover and reduce heat to low and simmer for 20-25 minutes or until the liquid has been removed
3. In a large skillet, over medium heat, add the olive oil and then add the celery and onion and sauté for 5 minutes or until the vegetable are tender.
4. Add in the flour and stir, then pour in the milk and the remaining cup of vegetable stock and stir. Simmer for 3-5 minutes until the mixture is slightly thickened. Add the cooked quinoa and stir.
5. Remove the skillet from the heat. In the skillet (or a large bowl) add the poultry seasoning, cooked chicken, cooked broccoli, and half (¾ cup) of the cheese.
6. Pour the mixture into the prepared baking dish and top with the bread crumbs and shredded cheese. Bake for 20 – 25 minutes or until the top is golden brown.