

MEXICAN QUINOA & JACKFRUIT CASSEROLE

Serves 4-5

Ingredients

1 C uncooked quinoa, rinsed
2 C water
1 TBS olive oil
1 red bell pepper, chopped
1 small onion, diced
1 can jackfruit, drained and shredded with a fork
(or sub in shredded chicken)
1 packet taco seasoning
1 15oz can fire roasted diced tomatoes
1 4oz can chopped green chiles
1 15oz can black beans, rinsed and drained
1 jar salsa verde
Shredded cheese of your choice (regular or non-dairy)
Cilantro
Diced avocado



Directions

1. Heat the oven to 350. Toss the jackfruit with half the taco seasoning packet and a drizzle of olive oil. Bake for 20-22 minutes or until jackfruit starts to get crispy. Keep the oven on.
2. While the jackfruit bakes, bring 2 cups of water to a boil with the quinoa, then turn it to a simmer and cover for 15 minutes. Fluff with a fork.
3. In a sauté pan, heat 1 TBS olive oil and add pepper, onion, green chiles and black beans. Sauté until pepper and onion cooks down, then stir in tomatoes.
4. Transfer jackfruit, quinoa, pepper and bean mixture and salsa verde into a bowl and stir to combine. Stir in about 1/2 cup of shredded cheese, then spoon it all into a baking dish.
5. Top with cheese and bake for 20-25 minutes or until cheese is bubbling. Serve with cilantro and avocado and enjoy!