

Cashew Chicken Quinoa Bake



PHOTO: <http://fitfoodiefinds.com/2015/08/cashew-chicken-quinoa-bake/>

Nutrition Information Per Serving (Serving Size: 1/6 of recipe):

Calories: 397, Total Fat: 15g, Sodium: 539mg, Carbohydrate: 40g,

Fiber: 6g, Sugar: 10g, Protein: 27g

Serves 6

Ingredients:

1 cup quinoa, rinsed and uncooked
1 cup yellow onion, diced
2 medium red bell peppers, chopped into bite-sized pieces
2 cups broccoli, chopped
1 pound boneless skinless chicken breasts, diced into bite-sized pieces
1 cup cashews, unsalted

Green onion, for garnish

Sauce:

1/3 cup hoisin sauce
1 tablespoon minced garlic
2 tablespoons low-sodium soy sauce
1/8 teaspoon ground ginger
1 cup water

Directions:

1. Preheat oven to 375 degrees and spray a casserole dish with nonstick cooking spray.
2. Place uncooked quinoa on the bottom of the casserole dish and layer with diced onion, red bell pepper, and broccoli. Place diced uncooked chicken on top of veggies.
3. Prepare sauce by mixing together hoisin sauce, minced garlic, soy sauce, ginger, and water. Evenly pour sauce over chicken breast.
4. Bake for 45 minutes uncovered. Remove from oven, top with cashews, and bake for another 10 minutes. Garnish with green onion, if desired.

Source: Recipe adapted from <http://fitfoodiefinds.com/2015/08/cashew-chicken-quinoa-bake/>