

Chicken, Quinoa & Sweet Potato Casserole



This protein-loaded chicken and sweet potato casserole dish is made with multicolored quinoa, a blend of white, red and black varieties, but any color will work.

Robin Bashinsky

Active: 15 mins

Total: 45 mins

Servings: 8



Ingredients

4 cups cubed peeled sweet potatoes (about 1 pound)
3 tablespoons water
1 tablespoon canola oil
1 ½ pounds boneless, skinless chicken thighs, trimmed
2 cups chopped seeded poblano chiles
½ cup thinly sliced shallots
2 tablespoons minced garlic
2 cups unsalted chicken broth
1 ½ cups multicolored quinoa
⅓ cup dry white wine
1 teaspoon kosher salt
1 teaspoon ground cumin
½ teaspoon ground cinnamon
⅛ teaspoon cayenne pepper
½ cup crumbled queso fresco
¼ cup fresh cilantro

Directions

Step 1

Preheat oven to 400 degrees F.

Step 2

Place sweet potatoes and water in a microwave-safe bowl. Cover with plastic wrap; pierce a few holes in the top with a fork. Microwave on High for 4 minutes.

Step 3

Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook until browned, 4 to 5 minutes per side. Transfer the chicken to a clean cutting board and let stand 5 minutes. Cut into 1-inch strips.

Step 4

Add poblanos, shallots and garlic to the pan and cook over medium-high, stirring occasionally, until the shallots are lightly browned, about 2 minutes. Add broth, quinoa, wine, salt, cumin, cinnamon and cayenne. Bring to a boil. Remove from heat and stir in the sweet potatoes and chicken.

Step 5

Spoon the mixture into a 7-by-11-inch (or similar-size) broiler-proof baking dish. Cover with foil. Bake for 20 minutes.

Step 6

Remove from oven; increase oven temperature to broil. Uncover the casserole and sprinkle with cheese. Broil 8 inches from the heat source until golden brown, about 5 minutes. Sprinkle with cilantro. Let cool for 5 minutes before serving.

Nutrition Facts

Serving Size: 1 cup

Per Serving: 349 calories; protein 22.9g; carbohydrates 38.7g; dietary fiber 5.3g; sugars 5.7g; fat 10.5g; saturated fat 2.7g; cholesterol 83.3mg; vitamin a iu 9751IU; vitamin c 13.8mg; folate 73.3mcg; calcium 95.9mg; iron 3mg; magnesium 99.3mg; potassium 659.6mg; sodium 431.8mg.

Exchanges: 2 1/2 starch, 2 lean protein, 1/2 fat, 1/2 vegetable

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