



QUINOA AND GREEN BEAN CASSEROLE

QUICK INFORMATION

TIME



45 MIN

SERVES



8

CALORIES



456

GLUTEN FREE



RECIPE

INGREDIENTS

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- 16 oz. fresh green beans cut into thirds
- 1/2 lb. shiitake mushrooms, chopped
- 1 cup uncooked Lundberg Tri-Color Blend Quinoa
- 3 garlic cloves, minced
- 1lb. thick-cut bacon
- 3 green onions chopped
- 1/4 cup sliced almonds
- 1/4 cup grated parmesan cheese
- 1/4 cup fresh parsley chopped

INGREDIENTS FOR SAUCE

- 2 Tbsp. flour
- 2 cups cream
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. summer savory

PREPARATION

Preheat oven to 425.

Cook Lundberg Tri-Color Quinoa Blend according to package instructions.

Place bacon on baking sheets and cook in oven 12 to 15 minutes until crisp.

NUTRITIONAL FACTS

Serving Size: 3/4 cup

AMOUNT PER SERVING

Calories 456 Calories from Fat

Total Fat 31.2
Saturated Fat 12.6g

Cholesterol 12.6g

Sodium 1097

Carbohydrates 21g
Fiber 4.3g
Sugar 1.5

Protein 23.5g

To make the sauce: Melt butter in a large skillet over medium low heat. Slowly add flour a tbsp at a time and still until mixed. Add cream and whisk until smooth. Bring to a simmer, then remove from heat.

Place olive oil, green beans, shiitake mushrooms, and garlic in a skillet or sauté pan over medium heat and cook for three minutes, stirring occasionally.

Add green beans, shiitake mushrooms, garlic into a 5 quart dutch oven or casserole dish. Add salt, pepper, summer savory, green onions, bacon and quinoa. Pour in butter-cream sauce. Then cover with almonds, parmesan cheese and parsley.

Cover and place in oven at 425 degrees for 15 minutes.

Remove from oven and allow to cool for five minutes before serving.