



## HIGH FIVE RECIPES

# Quinoa, Squash and Cheddar Casserole

**Serves 6. Prep time: 15 minutes active; 45 minutes total.**

### The High Five

- 1 cup uncooked quinoa
- 1 15-ounce can chickpeas, drained
- 1 cup frozen corn kernels, thawed
- 1 ½ cups packaged creamy squash soup
- 1 cup shredded sharp cheddar cheese

### Pantry and Kitchen Items

- 1 teaspoon dried sage
- ½ teaspoon salt
- ½ teaspoon black pepper

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## Preparation

Preheat the oven to 400°F. Lightly oil a 2-quart baking dish and reserve.

In a small saucepan, bring 1 ½ cups water to a boil over high heat. Add the quinoa and return to a boil, then reduce heat to low, cover and cook for 14 minutes. When all the water is absorbed, take the pan off the heat and let stand, uncovered.

Stir in the chickpeas, corn, sage, salt and pepper, then pour in the squash soup and mix well to combine. Transfer mixture to the prepared baking dish and cover with cheddar cheese.

Bake, uncovered, for 30 minutes, until the cheese is golden brown. Let cool on a rack for at least five minutes before serving.

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## Ingredient checklist

### BULK

- Quinoa

### GROCERY

- Canned chickpeas
- Squash soup

### REFRIGERATED/DAIRY

- Sharp cheddar

### FROZEN

- Corn

### SPICES/SEASONINGS

- Sage
- Pepper
- Salt

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## Serving suggestion

A crisp green salad is the perfect accompaniment to this hearty and comforting whole grain casserole. Leftovers keep well for up to one week, making it a perfect make-ahead dinner or take-to-the-office lunch.

## Nutritional information per serving

|                    |                    |
|--------------------|--------------------|
| 230 calories       | 28 g. carbohydrate |
| 9 g. fat           | 5 g. fiber         |
| 20 mg. cholesterol | 11 g. protein      |
| 470 mg. sodium     |                    |

*The nutritional values and information provided are approximations.*

