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Baked Quinoa Casserole with Baby Potatoes and Cheese

Serves 4

Try this for lunch or a light supper. Quinoa is a staple grain in South America. It is high in protein and cooks in about half as much time as rice.

1 pound organic baby potatoes (with skins on), cut into 1-inch dice.
2 large leeks, trimmed and halved lengthwise (white and tender green parts)
2 tablespoons olive oil
2 cloves garlic, finely chopped
1 large green bell pepper, seeded and diced
1 large red bell pepper, seeded and diced
4 large eggs
1/2 cup low-fat milk
1 cup quinoa, cooked according to package directions
1-1/2 cups shredded smoked Cheddar Cheese
1-1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dried thyme

1. Preheat the oven to 350°F. Coat a shallow 2-quart casserole with cooking spray.
2. Put the potatoes in a pot with just enough water to cover and cook until they are tender, about 15 minutes. Set aside. Wash the leeks, pat dry, and cut into 1-inch pieces.
3. Place a large skillet over medium heat and add the olive oil. Add the leeks and garlic and sauté for 5 minutes, or until the leeks and garlic are tender. Add the bell pepper and cook, covered, for 5 to 10 minutes, until peppers are crisp-tender. Remove from the heat and set aside.
4. In a large bowl, beat the eggs and milk together. Stir in the quinoa and add the cheese, potatoes, bell pepper mixture, salt, pepper, and thyme. Transfer to the casserole.
5. Bake, uncovered, for 35 to 45 minutes, until the top is golden brown. Let rest for 5 minutes before serving.