

This is a great easy healthy enchilada recipe that uses healthy, high protein and high fiber quinoa instead of the tortillas.

Slow Cooker Enchilada Quinoa

Ingredients:

1 -15 ounces can black beans, drained

1-15 ounce can corn, drained

1-15 ounce can tomatoes and green chilies, fire roasted

1 cup un-cooked quinoa

Salt and pepper to taste

1 cup Mexican style cheese

2- 15 ounce cans red enchilada sauce, mild or medium

4 ounces cream cheese (light or fat free is okay)

2 cups shredded chicken

Mix everything but the cheese into a crock pot and cook for 5-6 hours on low or 3-4 on high. Sprinkle cheese on top when it is done.