



**Heart & Home**  
*Wellness Table Series*



Ronald McDonald  
House Charities®  
Central Ohio

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# High-Protein Quinoa Casserole with Grilled Chicken

This veggie casserole has all the flavors of a classic veggie pizza, with fresh basil, herb-spiked tomatoes, and melted cheese. Preheating the baking sheet helps the vegetables caramelize for extra depth of flavor.

Servings: 8 | Total Time: 2hrs



## NUTRITION NOTES

- Savory and nourishing, **unsalted chicken broth** creates a rich, flavorful base that brings the whole dish together.
- Fluffy and hearty, **white quinoa** adds a protein-packed grain that makes the dish filling and satisfying.
- Fresh and tender, **zucchini** brings a light, garden-sweet flavor and soft texture as it cooks.
- Deep and robust, **eggplant** adds a rich, savory depth that soaks up all the surrounding flavors.

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## INGREDIENTS

- 2 ½ cups unsalted chicken broth
- 1 ¼ cups white quinoa
- 2 medium zucchini, chopped (3/4-inch)
- 1 medium yellow squash, chopped (3/4-inch)
- 5 tablespoons extra-virgin olive oil, divided
- 1 medium eggplant, unpeeled and chopped (1-inch)
- 2 tablespoons balsamic vinegar
- 1 ¼ teaspoons salt, divided
- 1 (15-ounce) can diced tomatoes with basil, garlic and oregano, undrained
- 1 cup shredded Gruyère cheese
- 2 tablespoons chopped fresh basil, plus leaves for garnish
- 8 ounces fresh small mozzarella cheese balls
- 1 cup halved cherry tomatoes
- 6 grilled chicken breast

**Nutrition Profile:** High-Protein | Fiber-Rich | Heart-Healthy | Mediterranean-Inspired | Nutrient-Dense | Vegetable-Forward | Lean | Balanced | Whole-Grain

## NUTRITION FACTS *(per serving)*

Servings Per Recipe: 8 | Calories: 427

Fat 24g  
Carbohydrates 28g  
Protein 27g

*\*Nutrition information provided directly by [eatingwell.com](https://www.eatingwell.com) and reflects values listed at the time of publication. Recipe sourced from: [eatingwell.com](https://www.eatingwell.com)*

## INSTRUCTIONS

1. Combine broth and quinoa in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to low; cover and cook, undisturbed, for 15 minutes. Remove from heat; let stand, covered, for 5 minutes. Fluff the quinoa with a fork. Set aside, uncovered, at room temperature.
2. Meanwhile, position racks in upper and lower thirds of oven. Place 1 baking sheet on the top rack and 1 baking sheet on the bottom rack. Preheat to 425°F.
3. Toss zucchini, squash, 1 ½ teaspoon balsamic vinegar, and 2 tablespoons oil together in a large bowl. Carefully remove the hot pan from the top rack; spread the zucchini mixture in an even layer on the hot pan. Combine eggplant, 1 ½ teaspoons balsamic vinegar, and the remaining 3 tablespoons oil in the large bowl; toss to coat. Carefully remove the hot pan from the bottom rack; spread the eggplant in an even layer on the hot pan. Roast the zucchini mixture on the top rack and the eggplant on the bottom, stirring once or twice, until tender and golden brown, about 20 minutes for the eggplant and 30 minutes for the squash. Transfer all the roasted vegetables to a large bowl. Add the rest of the balsamic vinegar and 1/2 teaspoon salt; toss to combine. Let cool slightly, about 10 minutes.
4. Reduce oven temperature to 375°F. Lightly coat a 9-by-13-inch broiler-safe baking pan with cooking spray; set aside. Transfer the quinoa to the bowl with the vegetables. Add tomatoes with their juices, Gruyère, basil and the remaining 3/4 teaspoon salt; toss well to combine.
5. Transfer the mixture to the prepared baking dish; cover tightly with foil. Bake on the bottom rack until the quinoa starts to crisp around the edges and the mixture looks set, about 30 minutes. Remove from oven; remove and discard foil. Top the casserole evenly with mozzarella and cherry tomatoes. Place the baking dish on the top rack; increase oven temperature to broil. Broil until the cheese is bubbly and golden brown and the tomatoes are blistered, about 5 minutes. Let cool slightly, about 10 minutes. Garnish with basil leaves before serving, if desired. Serve with grilled chicken breast.