 **Shrimp & Quinoa Casserole**

*Serves 4*

**Ingredients**

1 lb shrimp, peeled and deveined

2 medium tomatoes

½ cup onion, chopped

1 cup mushrooms, sliced

2 cloves garlic, minced

1 tbsp tomato paste

2 tbsp olive oil

2 ½ tsp seasoning of choice

1.5 cup cooked quinoa

1 cup fontina cheese

**Directions**

1. Preheat oven at 350 degrees F.
2. Toss the shrimp in about 1 tsp of seasoning. In a separate bowl, toss shrimp with ½ tsp seasoning and 2 tsp of olive oil.
3. Add olive oil to a large skillet and heat to medium-high. Saute onions, mushrooms, and garlic until soft.
4. Mix in quinoa, 1 tbsp tomato paste, ½ tsp seasoning, and tomato.
5. Pour into a baking dish and lay shrimp on top. Sprinkle with fontina cheese.
6. Bake at 350 for 15 minutes. Broil for last 2 minutes.

**Nutrition**

350 cals, 20g carb, 29g protein, 18g fat