

# Eye Healthy Recipes *from* Dr. L'erin Garner

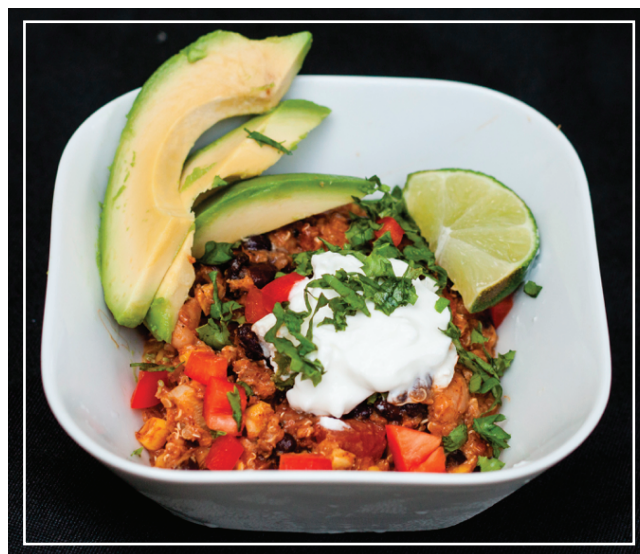
## Slow Cooker Quinoa Enchiladas

Busy schedules need easy meals and this Mexican-inspired dish is sure to satisfy your family. Only 15-20 minutes are required to prep this meal, and it is easy enough that you can get your children involved in the process too. Just chop, pour, and let your slow cooker do all of the work!

This dish may be simple to make, but it is also very healthy. It is loaded with vegetables and it uses quinoa as the primary protein. Quinoa is a grain rich in protein and is considered a super-food because it contains all nine essential amino acids that are necessary for good health. These amino acids keep our immune systems strong, as well as lower our heart disease risk by reducing cholesterol and blood pressure. They also decrease and help control blood glucose levels. This is great for preserving eye health, especially for individuals living with diabetes. Maintaining an appropriate and well-controlled blood glucose level lowers the risk of developing diabetic retinopathy, which is a condition that causes the eye's small blood vessels to bleed. If left uncontrolled, diabetic retinopathy can lead to vision loss.

### Ingredients:

- 1 cup uncooked quinoa, rinsed
- 1/2 cup water
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, seeds removed, diced
- 1 green bell pepper, seeds removed, diced
- 2 (15 oz) cans black beans, rinsed and drained
- 2 (10 oz) cans mild red enchilada sauce
- 1 (15 oz) can diced tomatoes
- 1 (4.5 oz) can chopped green chiles
- 1 1/2 cups frozen corn kernels
- Juice of 1 small lime
- 1 teaspoon ground cumin
- 1 tablespoon chili powder
- 1/4 cup chopped cilantro
- Salt and black pepper, to taste
- 2 cups shredded Mexican or Cheddar cheese



### Optional toppings:

- Cherry tomatoes
- Green onions, sliced
- Avocado, diced
- Lettuce, chopped
- Plain greek yogurt or sour cream
- Fresh cilantro, chopped

### Recipe:

1. Mix the quinoa, water, onion, garlic, bell peppers, black beans, enchilada sauce, diced tomatoes, green chiles, corn, lime juice, cumin, chile powder, and cilantro in a slow cooker. Stir to combine. Season with salt and pepper. Cover and cook on high for 3 hours or on low for 6 hours, or until the liquid is absorbed and quinoa is cooked.
2. Remove the lid and stir the casserole. Adjust the seasoning to your preference. Stir in half the cheese and sprinkle the other half on top. Put the lid back on and cook until the cheese melts.
3. Serve warm with optional toppings.