



kale & feta baked quinoa

Quick to make, quinoa and kale are joined by feta and chickpeas to make these everyday healthy staples extra tasty.

SERVES: 4-6



julie albert & lisa gnat



ingredients

Quinoa

1½ cups quinoa, rinsed well
2½ cups vegetable broth

1 tbsp olive oil
1 small yellow onion, chopped
2 small garlic cloves, minced
1 tsp grated fresh ginger
1 tsp Sriracha sauce
½ tsp kosher salt
4 cups coarsely chopped kale, stems removed
1½ cups canned chickpeas, rinsed and drained
1 cup crumbled Feta cheese
1 tbsp fresh lemon juice
1 tsp lemon zest

¼ cup freshly grated Parmesan cheese
1 tbsp olive oil

directions

1. For the quinoa, in a medium saucepan, combine quinoa and vegetable broth. Bring to a boil over high heat. Reduce heat to low and simmer covered for 15 minutes, until the quinoa is tender. Remove from heat, let sit covered for 5 minutes. Place in a large mixing bowl and set aside.

2. Preheat oven to 400°F. Coat a 2½-quart baking dish (can use a 9-inch square) with non-stick cooking spray. In a large skillet, heat olive oil over medium heat. Add the onions and cook stirring often until tender, 3 minutes. Add garlic, ginger, Sriracha and salt, cooking for 1 minute. Stir in kale and cook just until slightly wilted, 1 minute more. Remove from heat and place in a large bowl along with cooked quinoa, chickpeas, Feta, lemon juice and lemon zest. Pour mixture into prepared baking dish and sprinkle with Parmesan cheese evenly over top. Drizzle with 1 tbsp olive oil. Bake for 15 minutes, until heated through and the top is golden.

“My weaknesses have always been food and men - in that order.”

— DOLLY PARTON

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