

Quinoa Greek Bake

Chef Kathryn and The South Huntington Library

Serves 6

Ingredients:

1- 5-ounce bag fresh spinach
2 Tablespoons Olive oil
1/4 red onion, 1/2 Spanish small onion, chopped small
5 cloves of garlic, minced
3 whole eggs, one egg white
1/4 cup Greek Yogurt (plain)
4 cup cooked Quinoa (1 cup uncooked), cooked with one teaspoon sea salt
6 ounces crumbled Organic Feta
4 scallions's chopped, white and green parts
1/4 cup fresh dill, small chop
1/4 cup Italian flat-leaf parsley, small chop
1 teaspoon Braggs Organic -24 herb and spice seasonings
2 teaspoons sea salt, 1/4 teaspoon pepper

Procedure:

preheat oven to 375 degrees

Prepare Quinoa ahead of time, cool.

1. Prep all veggies, wash spinach well.
2. Steam spinach, you can also steam with a splash of veggie broth if you have on hand. Cool in strainer over bowl, and mash down with the back of a wooden spoon several times or squeeze with hands.
3. In medium sauté pan, sauté onions in oil, until golden, stir in minced garlic, cook 1 minute, add scallions to cook, 1 minute more, add spice
4. In a separate bowl, whisk eggs and yogurt.
5. In a large bowl, combine Quinoa with onion mixture, feta, scallions, dill, then fold in egg mixture, salt and pepper to taste. Combine well
6. Grease square baking dish, spread Quinoa evenly in dish. Bake until brown at edge 40-45 minutes. Cool on rack before serving.

Cook's Notes:

Serve for a power packed breakfast, lunch or a light dinner over beautiful greens.

If you don't have the Braggs seasoning, use: 1 teaspoon ground oregano and 1 teaspoon thyme. One of the teaspoons of salt, can be tossed with the quinoa I have also cooked the pie in an organic whole wheat crust for a special treat. That pie shell comes frozen. All the healthy markets have them.

Recipe provided By Chef Kathryn, www.thehealthchef.com, 2021

Author of: Health Transforming Foods, Their Stories and Recipes, Contact her at info: Kathryn@thehealthchef.com, Instagram: Kathryn51