

ROASTED KALE & QUINOA FETA CASSEROLE

INGREDIENTS

- 6 oz. Kale (remove stem) (chop)
- 1 1/2 C Feta + 3 tablespoons
- 3 t Feta Marinade (see recipe on page 2 below)
- 1 C Quinoa
- 1 can Chickpeas (14 oz)
- 1/2 t Salt
- 14 t Pepper

- 1 t Lemon (zest)
- 1 1/2 C Water
- 2 t Lemon (juice)
- 2 Tomatoes (plum)
- Green Onions (Scallions)



DIRECTIONS

- 1 Adjust oven rack to middle position & heat oven to 450 F
- 2 Line a baking sheet with aluminum foil
- 3 Toss kale with 1 T feta marinade & spread in even layer on baking pan
- 4 Roast until crisp & lightly browned at edges (6-8 minutes)
- 5 Rinse quinoa & chickpeas & combine with roasted kale
- 6 Add the remaining 2 T of the feta marinade plus the salt & pepper
- 7 Spray an 8-inch pyrex baking dish with the non-stick cooking spray
- 8 Place the mix in the pyrex dish
- 9 Microwave lemon zest & 1 1/2 cups water in covered bowl until just boiling (2 minutes)
- 10 Pour hot water over quinoa mix & cover dish tightly with double layer of foil
- 11 Bake until quinoa is tender & no liquid remains (20 - 25 minutes)
- 12 Core & finely chop tomatoes
- 13 Remove dish from oven & fluff quinoa with fork
- 14 Gently fold in tomatoes & lemon juice & sprinkle with feta cheese
- 15 Continue to bake casserole, uncovered, until feta is heated thru (6 -8 minutes)



FETA MARINADE

INGREDIENTS

- 1/2 lb** Feta cheese (drained) (patted dry) (cut into 1/2-inch cubes)
- 2 sprigs** Thyme (fresh) **OR** rosemary (fresh)
- 2 strips** Lemon zest (wide strips removed with a vegetable peeler)
- 1** Bay leaf
- 1** Black peppercorns (whole)
- Olive oil (extra virgin)

DIRECTIONS

- 1** Put cheese into a glass pint jar.
- 2** Gently tuck thyme, zest, bay leaf & peppercorns into the jar
- 3** Cover contents with olive oil
- 4** Seal tightly & chill for at least 2 days or up to 1 week
- 5** Bring to room temperature before serving.

NOTES

- 1** If the cheese is completely covered with the oil, you can let it sit around at room temperature for a day
- 2** If you're not using right away, refrigerate the marinade making sure to use it within 2 weeks

