

 COOKING SHOW #131 - CASSEROLE CRAZY

Mexican Quinoa Casserole

INGREDIENTS

- 1 poblano or green bell pepper, diced
- 1 jalapeño, diced (optional)
- 1 yellow onion, diced
- 1 cups dry quinoa
- 3 roma tomatoes, diced
- 1 15 oz. can black beans, drained and rinsed
- 1 cup frozen corn
- 2 handfuls fresh spinach, chopped

- 1 cup Simple Salsa (next page)
- 1 1/2 cups veggie broth
- 1 teaspoon garlic powder
- 2 teaspoons chili powder or paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 tablespoons nutritional yeast
- 1 teaspoon date powder

To serve:

- Chipotle Aioli (next page)
- sliced black olives (optional)
- chopped cilantro

METHOD

Preheat the oven to 375°F.

In a casserole dish, evenly spread the peppers and onions followed by the dry quinoa, tomatoes, black beans, corn, and spinach in that order.

In a small mixing bowl, add the remaining Casserole ingredients and whisk together. Evenly pour the mixture over the casserole.

Cover with aluminum foil and bake for about 40 minutes or until the quinoa is cooked and most of the liquid is absorbed.

Allow the casserole to cool. Then, drizzle on the Chipotle Aioli. Other topping ideas include: Simple Salsa, pico de gallo, avocado, fresh cilantro, and black olives. Enjoy!



 COOKING SHOW #131 - CASSEROLE CRAZY

Mexican Quinoa Casserole (Continued)

INGREDIENTS

Simple Salsa

- 2 jalapeños, seeded & halved**
- 1 roma tomato, halved**
- 1 garlic clove, minced**
- 1-2 tablespoons chopped yellow or red onion**
- teaspoon Mexican dried oregano**

- 1 For a spicier version, add:**
- 1 serrano pepper, seeded & halved**
- habanero pepper, seeded & halved**

Chipotle Aioli

- 1/2 cup cashews**
- 1/2 cup soy milk + tablespoon as needed**
- 2 cloves garlic**
- 1 lemon, juiced (about 4T juice)**
- 1 1/2 teaspoons chipotle powder**
- 2 deglet dates**

METHOD

To prepare the salsa, add the peppers and tomato to a pot of boiling water and boil for 10 minutes. Strain out the water and optionally reserve the water to use for sautéing or as veggie broth for the other dishes.

Add the boiled peppers and tomatoes to a food processor along with the garlic, onion, and oregano, and pulse a few times to make a coarse salsa consistency.

To prepare the Chipotle Aioli, add all of the ingredients to a high-speed blender and blend until smooth. Add a tablespoon or two of soy milk if needed to reach your desired consistency.

 COOKING SHOW #131 - CASSEROLE CRAZY

Moussaka

INGREDIENTS

Base

- 3-4 medium russet potatoes, peeled
- 2 large eggplants

Lentil Filling

- 1 large onion, diced
- 4 garlic cloves, minced
- 2 bay leaves
- 1-2 teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon date powder
- 1/4 teaspoon ground cinnamon
- 1 15 oz. can tomato sauce
- 1 15 oz. can diced tomatoes
- 3 cups cooked lentils

Béchamel Sauce

- 1 10-12 oz. bag fresh or frozen cauliflower florets
- 1 yellow onion or 10 oz. bag frozen onion, chopped
- 4 garlic cloves
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon black pepper
- 1/3 cup soy milk
- 1/4 cup nutritional yeast

Chef's Notes

Save time! Instead of cooking lentils from dry, use 2 15 oz. cans of no salt added lentils, drained and rinsed.

METHOD

Preheat the oven to 375°F. To prepare the base, cut the potatoes and eggplant into 1/2" thick slices. Spread in a single layer on 2-3 parchment-lined baking sheets and bake for about 25 minutes.

To prepare the lentil filling, add the onion and garlic to a pot. Sauté over medium-high heat for a few minutes until tender, adding a little water or veggie broth as needed to keep from sticking. Add all the herbs and spices to the pot, up through the cinnamon. Continue to sauté for a minute or two. Then, add the tomato sauce, diced tomatoes, and cooked lentils. Allow the pot to simmer for about 5 minutes and remove from heat.

To prepare the Béchamel Sauce, and all of the ingredients to a high speed blender and blend until smooth.

To assemble the Moussaka, add about 1/2 of the potato and eggplant slices to a glass baking dish in a mixed layer. Next, pour in the lentil filling and spread evenly. Then lay down the remaining potato and eggplant slices. Finally, pour on the Béchamel Sauce and spread evenly.

Bake uncovered for 30-45 minutes. Enjoy with a squeeze of lemon on top!



 COOKING SHOW #131 - CASSEROLE CRAZY

Plant Powered Pepita Pesto Pasta Casserole

INGREDIENTS

Pepita Pesto (makes ~1 cup)

- 1 cup fresh basil, packed
- 1 cup fresh arugula, packed
- 4 garlic cloves
- 1/2 cup raw pepitas
- 1/4 cup raw almonds
- 1 lemon, juiced
- black pepper, to taste
- 1 tablespoon water, or as needed

Casserole

- 1/2 cup Pepita Pesto
- 3 cups veggie broth
- 2 tablespoons nutritional yeast
- 1/2 teaspoon red pepper flakes (optional)
- 1 8 oz. box favorite pasta
- 1 pint cherry tomatoes, whole or halved
- 1/2 lb. cremini mushrooms, chopped
- 1 small yellow onion, diced
- 1 broccoli crown, chopped into florets
- 1/4 cup kalamata olives (optional)

fresh chopped basil, to serve
pine nuts, to serve

METHOD

Preheat the oven to 375°F.

To prepare the Pepita Pesto, add all of the ingredients to a food processor and process to a coarse texture, using a spatula to scrape down the sides as needed.

Add the Pepita Pesto, veggie broth, nutritional yeast, and red pepper flakes to a mixing bowl. Whisk everything together and pour into a Dutch oven.

Next, layer on the remaining ingredients in the order they are listed.

Cover the dish with aluminum foil and bake for about 40 minutes or until the pasta is done. Stir well and allow to cool for a few minutes to thicken.

Top with the fresh basil and pine nuts. Enjoy!

