

# Broccoli Quinoa Bake

In Germany this constructed and baked dish is called in *auflauf*. In my busy mom/high school teacher day I swore by them. Because like most moms I rose early to get ahead of the day I would assemble one before leaving the house. It was pure satisfaction to pull it out of the fridge, popping it into the oven to bake while I walked in the vineyards with young Sebastian and our Sophie our beloved Bernese Mountain Dog. This one brought back those memories and delivered the same hands off freedom.

Adapted from Gena Hemshaw, *The Full Helping*.

## Main ingredients

- 4 cups chopped broccoli florets
- 1 tablespoon olive oil
- 1 white or yellow onion, diced
- 1 yellow sweet pepper chopped
- 1 bag frozen, thawed and drained spinach or fresh baby spinach cleaned and chopped
- 4 cups cooked quinoa, fold spinach in the final minute of cooking and allow to stand and cool.
- 1 slice Gluten Free bread toasted and processed into crumbs.

## Cheezy Sauce:

- 1/2 cup raw cashews, soaked for at least two hours and drained
- 1 cup canned chickpeas rinsed and drained
- 1/2 cup nutritional yeast
- 1 peeled shallot
- 1 teaspoon smoked paprika
- 1/2-1 tea teaspoon prepared mustard
- 1 1/4 cups water

- 1/2 teaspoon salt
- 2 tablespoons white miso

## Instructions

1. Fill a medium sized pot with water and fit with a steamer attachment. Bring the water to a boil and steam the broccoli florets until crisp-tender (about 3-4 minutes). Remove them from heat, rinse with cold water to stop cooking and allow to drain well.
2. Blend all of the sauce ingredients together in a high speed blender or a food processor until they're totally smooth. Taste and adjust seasonings as needed.
3. Preheat your oven to 350F.
4. Heat the olive oil in a large skillet over medium heat. Add the onions and sweet pepper, and sauté until soft (about 7 minutes).
5. Add the quinoa and the broccoli to the skillet mixing well. Add the sauce and stir everything to heat it through.
6. Transfer all ingredients to an oiled 7×11 or 8×12 baking dish. Top with breadcrumbs, if using.
7. Bake for 30-35 minutes, or until the casserole is bubbling gently and the breadcrumbs are golden.
8. Allow to cool for 15-20 minutes before cutting into squares and serving.

Enjoy!