



# CAPRESE QUINOA CASSEROLE

*Kale salad with pecans, pickled beets & olives*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
800

The classic Italian caprese salad is reimagined as a cold-weather favorite. Here, creamy quinoa is mixed with basil pesto, mozzarella cheese, and roasted red peppers. It's all topped with Italian breadcrumbs, layered with slices of tomato, then baked to a golden brown. A kale salad tossed with pecans, pickled beets, and olives completes the meal.

## INGREDIENTS (13 ITEMS)

- ½ cup **White quinoa**
- ¾ cup **Milk** D
- 2 oz **Yellow onions & garlic**
- 1 cup **Parmesan & mozzarella cheese blend** D
- 2 tbsp **Flour** W
- ¼ cup **Italian-seasoned breadcrumbs** W
- 1 whole **Roma tomato**
- ½ cup **Basil pesto** D
- 4 oz **Lacinato kale**
- 2 ¾ oz **Pickled beets & Kalamata olives**
- ¼ cup **Balsamic vinaigrette**
- 2 tbsp **Pecans** T
- 1 ½ oz **Roasted red peppers**

## WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- small pot with lid
- medium oven-safe sauté pan
- measuring cup & spoons
- medium bowl
- oven mitt

## ALLERGENS

- T TREE NUT W WHEAT
- D DAIRY

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

Wash and dry fresh produce. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)



## 1 COOK QUINOA

- Preheat oven to 400 degrees with rack in the center.
- Bring 1 cup lightly salted water to a boil in a small pot. Add **white quinoa** to boiling water; stir. Return to a boil, then reduce heat to medium-low and cover. Simmer 16 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

*See Step 3 to finish cooking quinoa.*



## 2 MAKE SAUCE

- Heat about 1 ½ tablespoons olive oil in a medium oven-safe sauté pan over medium heat. Add **yellow onions and garlic** to hot pan; stir. Lightly season with salt and pepper. Cook 2-3 minutes, or until lightly browned and softened, stirring occasionally.
- Add **flour** and about ½ tablespoon olive oil to pan with onions and garlic.\* Cook 1-2 minutes, stirring frequently.
- Slowly pour **milk** into pan while stirring. Simmer 3-4 minutes, or until sauce thickens, stirring occasionally.
- Add half of the **Parmesan and mozzarella cheese blend**. Stir until melted. Remove from heat.

*\*Did You Know? When flour mixes with a fat (like oil or butter), it makes a roux, which thickens sauces when cooked.*



## 3 MAKE CASSEROLE

- Transfer **quinoa** to pan with sauce. Add **roasted red peppers** and half of the **basil pesto**. Salt and pepper to taste. Stir to combine. Sprinkle with **Italian-seasoned breadcrumbs**.
- Slice **Roma tomato** widthwise into about ¼-inch thick rounds.
- Layer tomato over casserole. Sprinkle with remaining **cheese**. Drizzle with about 1 tablespoon olive oil. Lightly season with salt and pepper.
- Transfer pan to oven. Bake 10 minutes. Turn oven to low broil. Broil 2-3 minutes, or until toppings are golden brown.



## 4 MAKE SALAD

- Remove center stems from **Lacinato kale**; discard. Stack leaves and roll into a large "cigar." Cut across into about ¼-inch wide ribbons.
- Place kale in a medium bowl. Drizzle with about 1 tablespoon of the **balsamic vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Roughly chop **pecans** and **pickled beets and Kalamata olives**. Add to bowl with kale. Drizzle with remaining **vinaigrette** to taste. Salt and pepper to taste. Toss to combine.



## 5 PLATE YOUR DISH

- Divide **kale salad** between plates. Serve **caprese casserole** next to salad. Spoon remaining **basil pesto** over top.
- Enjoy!