

THE OLYMPIA KITCHEN

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Recipe: ***Chickpea and Spinach Casserole***

Serves 4-8

By Shannon Beigert

Ingredients

- 1 medium onion, finely diced
- 2 Tablespoons olive oil
- 2 cloves garlic, pressed or finely diced
- 2 to 3 10-ounce boxes of frozen spinach, defrosted and water removed, or 2 packages of fresh spinach
- 8 ounces of cheese grated - can be Muenster, Swiss, Monterey Jack or cheddar
- 6 ounces cottage cheese
- 1/2 cup cooked quinoa
- 2 eggs, lightly beaten
- 1 can of chick peas/garbanzo beans (15 ounces) drained
- 1/2 teaspoon allspice

Preheat the oven to 350 degrees.

Place the olive oil in a large skillet and add the onions. Sauté the onions and add the diced garlic. As the onions begin to cook, becoming translucent, add the spinach and cook gently for a few minutes until the spinach begins to wilt. Remove from the burner.

In a large bowl, mix all remaining ingredients along with the spinach-onion mixture, stirring together until all ingredients are incorporated.

Pour into an oven safe casserole dish. Sprinkle the remaining cheese on top of the casserole. Bake at 350 degrees for 30-45 minutes until ready.

As an option, you may serve this dish with a few tablespoons of plain yogurt if you like.

Enjoy!

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