

Quinoa and Broccoli Casserole

Ingredients:

- 1 1/2 cups quinoa
- 3 cups chicken stock
- 3 tsp. kosher salt, divided
- 12 ounces broccoli florets, chopped
- 4 to 8 ounces button or cremini mushrooms, chopped (if you're a huge mushroom lover, 8)
- 4 Tbs unsalted butter, divided
- 1/2 large onion, diced
- 1 Tbs dry mustard
- 1 1/2 tsp. smoked paprika
- 1/4 tsp. fresh ground black pepper
- pinch of red pepper flakes (1/8 tsp. or less)
- 1/4 tsp. ground white pepper
- 3 cups half and half
- 1 large egg
- 16 ounces sharp Cheddar cheese
- 1/2 cup mayonnaise

Place quinoa in a fine sieve or strainer and rinse thoroughly under cool running water. Drain.

Position oven rack in the middle of the oven and heat to 350 degrees F.

Bring quinoa, chicken stock, and 2 teaspoons of the salt to a boil in a medium saucepan over high heat. Reduce the heat to low, stir, cover, and cook for 10 minutes. Remove lid and add the broccoli right on top of the quinoa. Cover and continue to cook 5 more minutes.

Heat a large skillet over high heat and add the mushrooms and 1/3 cup water. Cook until the mushrooms collapse, 2 to 3 minutes, and then add 2 tablespoons of the butter. Cook until browned. Remove to a large bowl.

Add the remaining 2 tablespoons of butter to the skillet along with the onions and remaining teaspoon of salt. Reduce the heat to low and sweat the onions until translucent, about 5 minutes. Then stir in the mustard, smoked paprika, black pepper, red pepper flakes, and white pepper; and cook for 1 more minute. Add the half and half to the pan and heat until warm.

Whisk the egg in a medium bowl and temper with 1 cup of the hot liquid, continuing to whisk to prevent curdling. Then whisk the egg mixture back into the skillet and add the cheese, stirring until melted.

Add the quinoa, broccoli, mayonnaise, and the melted cheese mixture to the large bowl of mushrooms and stir to combine.

Pour the quinoa mixture into a 9x13 baking dish. Bake until set and just beginning to brown, about 45 minutes. Cool 10 minutes before serving and ENJOY!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Cooking with love provides food for the soul." - Anonymous