

All Day Breakfast Bake with Quinoa and Garden Vegetables

Please just be sure that you finely dice or slice your vegetables if you do not have a food processor. If the vegetables are large or chunky, this dish will become more of a casserole that you will have to use a spoon with as it will not hold together the same way. You may choose to skip the dried herbs and substitute a good handful of chopped fresh Parsley. You may also choose to substitute mushrooms for the peppers or for some of the greens.

Ingredients

1 cup Quinoa

2 cups Water

1 tsp Salt

10 oz Bell Peppers

10 oz Carrots

5 oz Swiss Chard or Spinach

4 oz Kale

4 oz Scallion

2.5 – 3 oz Shallot

6 eggs

½ cup Almond Milk

½ cup Yogurt

2 tsp Oregano

1 tsp Dill or Thyme

1 tsp Salt

1 tsp Pepper

1 cup your Favorite Cheese (optional)

First Prepare your Quinoa

Place your quinoa, water and salt in a small Saucepot. Put on the lid pot and turn the pot to medium-high. When the water begins to boil, turn the heat down to medium-low and allow the quinoa to cook for about 15-20 minutes or until all the water has been absorbed and the little spiral sprouts from the grains are more apparent. Leave the lid on and allow the quinoa to rest until you are ready to incorporate it into the recipe. For lectin reduction, using the same ratios, cook your quinoa in a pressure cooker.

Next, grease either two muffin trays or two 8X8 glass baking dishes. Alternatively, you may use a 9X13 glass dish as well.

Preheat your oven to 375 degrees.

Slice the parchment paper according to the size of the baking dish you have chosen. This will be placed on top of our dish before it is baked.

Now for the Breakfast Bake

In a large bowl of a food processor, chop your vegetables until they are in small bite size pieces. You will have to do this in 2-3 batches based on the quantity of vegetables that we are using. It's also best to put your greens on the bottom level of the processor with your harder vegetables on top. Due to the pressure/weight of the harder vegetables, this helps to ensure the greens are well chopped. Alternatively, you may finely chop all your vegetables by hand.

Place your vegetables in a large mixing bowl. Spoon your quinoa on top of the vegetables. If you are adding a favorite cheese, you may add it now and mix well to combine.

In a separate bowl, using a whisk, mix your eggs, yogurt, milk, spices and salt and pour that mixture over top of the vegetables. Mix it very well to allow the egg mixture to evenly saturate the vegetables and quinoa. The egg is the binder in this recipe.

Now spoon your mixture into your greased baking dish/dishes. Press down the batter with the back of a spatula or spoon to gently release any air pockets.

Lightly place the parchment paper over top to prevent the eggs from drying out while baking.

Bake until done. The approximate times are listed below as each oven bakes slightly differently.

To determine doneness, you will notice that the batter will have slightly raised when it is done. It will also be distinctly more yellow in color. This indicates that steam is locked inside, and the eggs have cooked through. Additionally, you may lightly press the center of the cake and you will feel a bit of firmness. It is similar to how you would test the doneness of a traditional cake.

We chilled our breakfast bake overnight before slicing it, as it is difficult to slice when it is hot out of the oven. If you're eager to eat it right away, you may spoon it out or give it your best with a knife and a thin metal cake spatula. You will want to go around the perimeter of the dish with a spatula to release whatever particles may have stuck to the pan. Enjoy 😊

The bake times below are approximate

For Muffin Pans – approximately 22 minutes

For baking dishes – approximately 25-28 minutes

To serve your Breakfast Bake, top with hemp seeds, sea salt, grated cheese, sliced tomato, nutritional yeast, fresh herbs, or a spoon of salsa or whole milk yogurt

