

### Quinoa and Artichoke Casserole

#### **Ingredients:**

*1 1/2 cups dry quinoa*  
*1 medium onion chopped*  
*2 cloves garlic minced*  
*2 Tablespoons olive oil*  
*1 1/2 cups milk*  
*1/2 cup cream or buttermilk*  
*1 Tablespoon cornstarch*  
*1 jar artichoke hearts rinsed and chopped*  
*2 cups baby spinach*  
*2 cups chopped kale*  
*1/2 cup parmesan cheese*  
*3/4 cup shredded cheddar cheese*  
*salt and pepper*

-Cook quinoa in water according to package directions. Set aside. Heat 1 Tablespoon oil in large skillet and saute garlic and onion over low heat, then add artichokes. Prepare kale by massaging with 1 Tablespoon oil. Add spinach to skillet and stir just until wilted. Whisk cornstarch, salt and pepper

### Simple Pumpkin Chicken Casserole

#### **Ingredients:**

*2 cups cooked rice*  
*16 ounces pumpkin or squash soup*  
*2 diced cooked chicken breasts*  
*1 orange or yellow pepper chopped*  
*2 green onions chopped*  
*1 apple peeled and diced*  
*1/2 cup raisins or dried cranberries*  
*1/4 cup slivered almonds*  
*Parmesan cheese*

Combine all ingredients except cheese. Spoon into a greased casserole dish. Sprinkle with Parmesan cheese and bake at 450 degrees 20 minutes.