

# Ratatouille Quinoa Casserole

Recipe By Kelly Cohen



Cooking and Prep:  55  
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Serves:  6

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Nine Days

**Diet:** Vegan, Gluten Free,

Vegetarian, Pescetarian, Low

Fat, Sugar Free

**Cuisines:** Italian

I made this delicious quinoa last week. I always love veggies, especially these Mediterranean veggies like peppers, zucchini and eggplant. I also added basil and olive oil to the dish for more flavor.

This recipe has a lot of ingredients, but it's totally worth it! You'll enjoy multiple flavors all combined together with incredible spices. I am a huge fan of the turmeric/paprika mix, and this recipe uses both. I replaced regular paprika with smoked paprika for a different taste, but you can definitely substitute if you can't find it.

Nutmeg is also a great addition to this recipe. Its nutty flavor so enhances the chickpeas and the tricolor quinoa.

## Ingredients (16)

### Main ingredients

1 pound uncooked quinoa (about 2 cups; I used tricolor)

- 3 peppers (1 red, 1 yellow, 1 orange), sliced
  - 3 small zucchini, sliced
  - 1 eggplant, sliced
  - 1 onion
  - 1 can **Haddar Chickpeas**
  - 2 tablespoons turmeric
  - 2 tablespoons smoked paprika
  - 2 tablespoons **Gefen Cumin**
  - 2 tablespoons nutmeg
  - 4 tablespoons black sesame seeds
  - 2 cups water
  - 1/2 cup basil leaves
  - salt, to taste
  - pepper, to taste
  - 1 tablespoon **Gefen Olive Oil**
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## Start Cooking

### Prepare the Casserole

1. Cook quinoa according to package.
2. Preheat oven to 425 degrees Fahrenheit.
3. Place veggies on an oven-proof pan. Place chickpeas on a second oven-proof pan. Sprinkle with all the seasonings.
4. Roast the veggies for 45 minutes, checking on them and removing from the oven if they start to burn. Bake the chickpeas for 20 minutes.
5. Slice the onion. Cook with water until all water has evaporated (around 30 minutes) on medium-high heat.

6. Mix caramelized onion with quinoa.
7. Cut basil leaves. Add basil and quinoa to a large casserole dish. Mix with roasted veggies. Season with salt, pepper, and olive oil. (Add olive oil at the end.) Cover and reheat if needed.

## About

This recipe originally appeared on [MyOrganicDiary.com](https://www.myorganicdiary.com).