

Hearty Kugel and Root Veggie Slaw

- 1 c [quinoa](#), cooked with a pinch of sea salt, then cooled to room temperature
- 16 oz spinach or arugula, roughly chopped
- 1 T olive oil
- 4 oz mushrooms, sliced
- 1 onion, chopped
- 1 garlic clove, pressed
- 1 T dried basil or 4 sprigs, chopped
- 3/4 t tarragon
- 2/3 c each grated cheddar, cottage cheese, ricotta
- 2 eggs
- sea salt and freshly ground black pepper

Preheat the oven to 350F. Heat olive oil in a large sauce pan and sauté onion on medium heat for several minutes until softened and slightly browned. Add mushrooms, stir and cook several more minutes, then add garlic, basil and tarragon. Stir for 1 minute, then add spinach and cook, stirring just until the spinach wilts. If necessary, add the spinach in 2 batches, with a few teaspoons of water to keep the second batch from sticking. Allow it to cool to room temperature.

If your cottage cheese has lumps, blend it until smooth. In a large bowl, combine all the cheese with the eggs and add a dash of pepper. Add the spinach mixture and the quinoa, stir well, then place in a 9x9-inch casserole. Bake for 45 minutes or until golden. Serves 6-8. Serve with **Root Veggie Slaw**, steamed broccoli and leaf lettuce salad.

Root Veggie Slaw

- 4 carrots, grated
- 1 small celery root, grated
- 3 scallions
- 1 lemon, zest and juice
- 1/4 c olive oil

- 1/4 c roasted sunflower seeds
- 1/2 t sea salt
- 1/2 t **Ajiwian seeds**

Combine all ingredients and adjust seasoning to taste. Keeps well for several days. Serves 6.

Jittery Cook