## Gluten-free, Vegan Casserole with lamb's quarters

## Compliments of Sarah Roberts & Larry Koplik

1 cup brown rice, cooked with 2-1/4 cups water and 1 tsp. salt, for 50 minutes in a covered pot on low heat.

1/4 cup quinoa, well-rinsed, cooked with 1/2 cup of water and 1/4 tsp salt, for 20 minutes in a small covered pot on low heat.

15-oz can chick peas, drained

Sautee in olive oil until tender: 1/2 cup garlic scapes 1 banana pepper, seeded and diced 1 to 1-1/2 cups baby tomatoes, sliced

Chop a 3/4" chunk of ginger, add and saute lightly

1 to 1-1/2 cups frozen lambs quarters, steamed until tender (to freeze lambs quarters, cut stems no longer than 2", discarding the larger stems. Rinse leaves and stems, blanch for 2 minutes in boiling water, drain and rinse in cold water for two minutes, then freeze in air-tight container or bag.)

Combine the above in a covered casserole dish, mix thoroughly, and heat in microwave or conventional oven until hot throughout. Garnish with chopped parsley and serve.