



# Quinoa Casserole

Serves  
6-8

Looking for a dish that's simple, savory, and a total crowd-pleaser? This Quinoa Casserole has got you covered!

## Ingredients

- 2 cups quinoa (rinsed well)
- ¼ cup whey (or 1 Tbsp lemon juice for dairy-free)
- 4 cups filtered, warm water (for soaking)
- 4 cups meat stock (for cooking)
- ½ cup butter or olive oil
- 1 bunch chopped green onions
- ½ cup crispy raw almond slivers (see Notes)
- ½ cup coarsely chopped cilantro
- *Opt:* Extra cilantro for garnish



## Prep (12-24 Hrs)

In a large bowl, combine the quinoa with 4 cups of filtered, warm water (not hot) and ¼ cup of whey (or lemon juice). Cover and let it soak on the counter for 12-24 hours to reduce phytic acid and improve digestibility. After soaking, rinse the quinoa well to remove any bitterness.

## Directions

- Cook the soaked quinoa in 4 cups of your favorite meat stock according (approx. 15 mins. until the liquid is absorbed and the quinoa is tender).
- Preheat your oven to 350°F.
- In a large bowl, combine the cooked quinoa with the butter, chopped green onions, crispy almond slivers, and chopped cilantro. Mix well to ensure everything is evenly distributed.
- Transfer the mixture to a buttered casserole dish, spreading it evenly.
- Bake at 350°F for 30 minutes, until the top is lightly golden and the flavors have melded together.
- Let it cool slightly, garnish with extra cilantro if desired, and serve warm.





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## Tips (The Wise & Wild Way)

- **Crispy Almond Slivers:** I always keep crispy nuts on hand in the freezer for recipes like this. To make them, soak 4 cups of raw, skinless almonds in warm, filtered water with 1 Tbsp sea salt (or ½ cup whey for fermentation) for 24 hours. Rinse, strain, and dry in an oven on a parchment-lined paper baking sheet at the lowest setting (or a dehydrator at no more than 118°F to retain enzymes) for 12-24 hours until thoroughly dried. Store in the freezer. If you don't have crispy nuts, raw almonds work too—just know soaking makes them easier to digest and more nutritious.
- For a dairy-free version, use olive oil instead of butter and lemon juice instead of whey for soaking.
- This casserole reheats beautifully—store leftovers in the fridge for up to 3 days or freeze for a quick meal later.

