

## **Quinoa with Zucchini and Ricotta Cheese Bake**

(Recipe courtesy of my friend Bhairavi)

4 large zucchini, grated

1 clove garlic, minced

1/2tsp red chili flakes

16oz tub of ricotta cheese

4oz grated parmesan cheese

16oz jar of tomato pasta sauce (I prefer the garlic/onion flavour in this dish)

2cups uncooked quinoa

Preheat oven to 375 degrees.

Rinse the quinoa then place in a large pot with 4 cups of water. Bring to a rolling boil for 5min, then turn off heat. Quinoa should only need to sit for 15min after the boiling process to be fully cooked.

Saute the zucchini in a large pan until soft and juices start to release. Add the garlic and pepper flakes. Then turn off heat and stir in ricotta cheese and 4 tbsp parmesan.

In a large mixing bowl mix together the cooked quinoa, zucchini mixture and pasta sauce. Turn the mixture out into a large baking pan (or two smaller ones - this recipe is great for freezing!) Sprinkle remaining parmesan on top. Bake for 45min.